# THE FRONTLINE

September 5, 2002

Serving the Army of One

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Serving the 3rd Infantry Division (Mechanized), the Fort Stewart and Hunter Army Airfield communities


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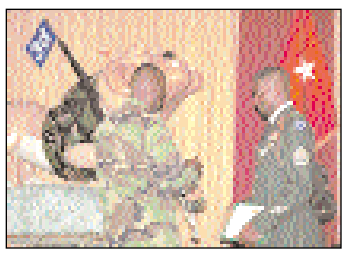


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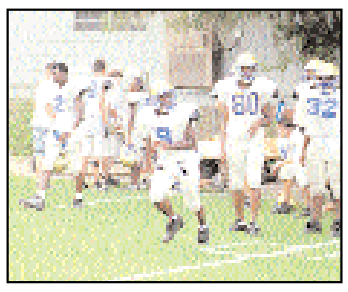


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| FRI | SAT | SUN |
|---|---|---|
| High 85° | High 81° | High 86° |
| Low 66° | Low 66° | Low 66° |

# Ridge: New ideas, not money to protect U.S

**Jim Garamone**
American Forces Press Service

WASHINGTON — Just spending money is not enough to protect the homeland, said Tom Ridge. The United States also must have new ideas, new thinking and new structures to confront the terrorist challenge.

Ridge, speaking at a meeting of the Homeland Security Council Aug. 29 at the Old Executive Office Building, said federal, state and local governments must build closer ties to each other.

He said the new national homeland security strategy reflects Bush administration thinking: "Simply channeling new money into an old system will not maximize our ability to protect ourselves and our way of life."

Ridge said he hopes Congress will authorize a Department of Homeland Security that gives the president the freedom to manage the department effectively. The Bush administration proposes allowing the president to move funds and resources around within the department to better counteract terrorists.

The relationships among agencies will also have to change as their missions and functions change, Ridge said. He specifically noted that border security would change. He called for "smarter borders" with Canada and Mexico that take advantage of technological innovations to protect Americans while allowing the flow of goods and people.

"The mission of the Coast Guard has been changed," he said. "They've got their traditional mission, but obviously port security and border security along our coastline has been an enhanced responsibility."

He said cities, counties and states are going to have to change their thinking on homeland securi-

See RIDGE, Page 7A

Sgt. Craig Zentkovich

**Spc. Matthew Robinson, B Company, 123rd Signal Battalion, removes a power cable from a trailer Tuesday prior to convoying to the Port of Savannah to be shipped to Kuwait. For story and photos, see Page 2A.**

# *Hunter Community Meeting addresses variety of issues*

**Sgt. Akilah C. Clarke**
Hunter Public Affairs Office

Hunter Army Airfield officials, activity heads and neighborhood representatives gathered together Aug. 27 for the installation's bimonthly community meeting, held at the Army Community Services center.

Lt. Col. Gerald Davie, Hunter garrison commander, went on to address old issues brought up in the previous community meeting, held June 25.

**Housing issues**

Davie informed the audience that the Directorate of Public Safety should be contacted about abandoned or broken down autos in housing. DPS will take steps to resolve the matter with the vehicle owner – if the owner is non-responsive, the vehicle will be towed at the owner's expense.

Halloween will be observed Oct. 31 from 5 to 8 p.m. The porch light policy will be in effect, and additional military police will be on hand to patrol the area.

Staff Sgt. Rickey Parker, the Hunter housing noncommissioned officer, has been patrolling the school bus stops on a regular basis. A number of parents have also been present at the bus stops, both of which have had a positive affect on the school children's behavior while waiting for the bus.

DPW representatives will be going to Orlando, Fla., to attend a Residential Communities Initiative conference. The conference will focus on the plans and ideas contractors have for improving Army housing. The developer for Fort Stewart and Hunter housing will be selected in December.

**Gate hour changes**

Wilson and Montgomery Gate hours will remain the same. However, Rio Gate will be reopened to decal traffic only at the following times: 5:30 to 9:30 a.m. and 4:30 to 6:30 p.m., Monday through Wednesday and Friday; 5:30 to 9:30 a.m. and 3 to 5 p.m. Thursday; 7 a.m. to 6 p.m. Saturday and Sunday. Rio Gate will be closed on federal holidays.

**Post events**

The Hunter Pool is now closed. The Combined Federal Campaign will run from September to November. Installation personnel are encouraged to support this campaign. A number of charities and organizations, to include Army Emergency Relief, greatly benefit from donations made during CFC.

Twenty-three Hunter volunteers were recognized for their service during the Hunter Pot of Gold ceremony, Sept. 5 at the Army Community Service center.

Oct. 26 is Make a Difference Day – there are 11 playgrounds on Hunter that need to be adopted for that day.

The Army Family Action Plan will hold a training con-

See HUNTER, Page 8A

# West Nile action response plan ready on Fort Stewart

**Laurie Dunlop**
WACH Public Affairs

The West Nile Virus is flying into more communities each day. Some officials believe it is only a matter of time before it is detected on Fort Stewart or Hunter Army Airfield. Officials are ready with a three-level action plan if and when that day comes.

Capt. Robert Lowen, Ph.D. Entomology, monitors mosquito pools across Fort Stewart and Hunter Army Airfield, collecting mosquitoes for West Nile Virus testing. He also sends dead birds in for testing, in cooperation with the Fort Stewart Veterinary Clinic.

"So far we have not found sign of the virus on either Fort Stewart or Hunter," said Lowen. "Of course my results take about a week to come back from the testing site, and I'm sending them mosquito batches each week."

Laurie Dunlop

**Capt. Robert Lowen, Ph.D. Entomology collects live mosquitoes from one of the traps he has set on Fort Stewart. The insects will be sent to Fort Meade, Md., to test for the West Nile Virus.**

As a proactive measure, Lowen and officials on Fort Stewart and Winn Army Community Hospital have a plan in place in the event positives come back from testing.

According to Lowen, the first action is to evaluate the potential threat to human health. Based upon the level or intensity of that threat, there are a number of steps that can be implemented.

Public health notification is the first level of response. If a confirmed positive case comes back from testing of either a dead bird or collected mosquito, surveillance will be increased and the public, health care providers, and installation staff will be reeducated on prevention control methods. The post will initiate more thorough larvaciding in the affected areas. They will also determine whether to apply adulticides in public gathering places like parks and high use areas, in addition to those areas within a two-mile radius of the dead bird or mosquito collection site.

A public health alert is a stronger level of response. This would be made if West Nile Virus was confirmed in a horse of other domestic animal, if multiple mosquitoes from more than one trap tested positive, or if a person was infected on the installation. In the case of an alert, all the steps for public notification are enacted. However, more widespread application of adulticide might be used and increased public education on spraying techniques and locations would be disseminated.

Public health warning is the third and most comprehensive part of the response plan. It encompasses steps outlined in notification and alert, but goes a step further. A warning response is enacted if there are multiple human cases and conditions favor continued transmission of West Nile Virus to people. In this phase aerial application of mosquito adulticides occurs. The pub-

See WEST NILE, Page 3A

Spc. Jacob Boyer

**An Army train departs Fort Stewart for the Port of Savannah with a load of armored vehicles for the 2nd Brigade Combat Team's upcoming rotation to Kuwait.**

Sgt. Craig Zentkovich

**A humvee staged at the vehicle control point departs for Savannah. It is one of several hundred wheeled and track vehicles that are headed to Kuwait.**

# 2nd Brigade moves 'em out

**Sgt. Craig Zentkovich**
Staff writer

Wheeled and track vehicles of the 2nd Brigade Combat Team made their way to the Port of Savannah Tuesday in preparation for the BCT's deployment to Kuwait later this month.

2nd BCT will replace Fort Stewart's 3rd BCT whose current, longstanding mission has been to deter Iraqi aggression in the region, said Maj. Donna W. Martin, Deployment Control Headquarters officer.

By week's end, several hundred vehicles will have made their way via road and rail to the port.

Once loaded onto cargo ships, the vehicles will embark on the month-long journey to Southwest Asia.

"There's a lot of work that goes into deploying troops and equipment, said Rita Johanson, Fort Stewart's Unit Movement Coordinator. "A lot of working pieces must come together to make this a safe, successful upload."

Safety and efficiency is what led Fort Stewart and Hunter Army Airfield to win the Department of the Army Award for Deployment Excellence this past year, Martin said.

She added, "We have the right personnel in place to ensure all the soldiers and their equipment make it to the region on time, in one piece."

File photos

**(Above and right) 2nd BCT will sea lift some of its vehicles to Kuwait using Military Traffic Management Command cargo vessels. Once loaded onto cargo ships, the vehicles will embark on the month-long journey to Southwest Asia.**

Sgt. Craig Zentkovich

**Pfc. Jason Jones, B Co., 123rd Signal Battalion., is all smiles as he checks the oil level of his humvee during Preventive Maintenance Checks and Services.**

# Sgt. Maj. of Army visits Bagram

**Spc. Ann Marie Schult**
18th Airborne Corps

BAGRAM AIR BASE, Afghanistan — Sgt. Maj. of the Army Jack Tilley came to Bagram, Aug. 27, to talk with soldiers about pay increases, educational benefits, and to listen to their concerns and check on the facilities.

"Can anyone tell me what I do for you?" Tilley asked. He answered by telling soldiers he represents them and their concerns before Congress and the way he does this is by listening to soldiers talk about what they need most.

"I try to find out what kinds of things I can do for them," he told reporters during his visit to the Supply Support Area, where he talked to about 200 soldiers.

"His visit was outstanding, it's nice to see somebody cares," said Sgt. Sean Anglehart, 514th Maintenance Company, Fort Drum, N.Y.

In addition to talking with soldiers Tilley was also briefed on in and out-processing procedures, land mine awareness classes and the progress on the development of Bagram. He visited the gym, new movie theatre and base operations building, and even stopped in at the Morale, Welfare and Recreation tent to play cards with a group of soldiers.

"I have seen marked improvement since the last time I was here," he said, about the quality of life at Bagram.

During a luncheon with senior NCO's he was asked about deployment rotations and promotions; he was questioned about the possibility of segregating basic training in order to produce more focused soldiers and educational benefits for family members.

Tilley said he thought there was no reason why someone should not be enabled to get, at least, a bachelor's degree before they get out of the Army.

At the SSA, Tilley talked to soldiers about his experiences at the Pentagon on Sept. 11, promotion boards and pay raises.

"Targeted pay raises help encourage people to go up through the ranks and stay in the Army," said Anglehart, "as opposed to doing three or four years and getting out."

Tilley also took time to conduct a one armed push-up contest and have his photo taken with dozens of soldiers, and give out SMA coins as well as special Sept. 11 coins to boost morale.

"His visit builds everybody up, by showing his support while we're out here," said Pfc. Nick Hanley, Company C, 1st Battalion, 505th Parachute Infantry Regiment, Fort Bragg, N.C.

In addition to supporting their actions here and boosting morale Tilley also advised them not to become complacent.

"Never allow yourself to forget about the 11th of September," he told them.

"Because, don't think there's not people out there, right now, waiting to do the same thing."

Tilley also visited Kandahar and K2 during his three-day trip to Afghanistan, and visited Kuwait Friday before returning to the states.

*Spc. Ann Marie Schult*

**Sgt. Maj. of the Army Jack Tilley tries on his gifts from Combined Joint Task Force - 180 Command Sgt. Maj. Stephen England during his luncheon with the senior noncommissioned officers at Bagram Air Base Aug. 27.**

# Annual Army Family Action Plan Conference scheduled

**Nancy Gould**
DCAS Marketing

The Directorate of Community Activities and Army Community Services, will sponsor the annual Fort Stewart and Hunter Army Airfield Army Family Action Plan Conference, Oct. 1 at Club Stewart. Training for the delegates who attend is scheduled Sept. 30, for adults and Sept. 21, for youth at ACS, Building 470, 76 Lindquist Ave.

This year's theme, AFAP — A Road to Change — derives meaning from the work that delegates accomplish at the yearly conferences. They raise issues and discuss the concerns about Army life submitted previously to them by single and married soldiers, retirees, family members, dependent youth, members of the Reserve component and DA civilians. The delegates work to resolve these issues at the local conference and decide which ones should be submitted up the chain of command to senior officials for resolution.

According to Vickie Wiginton, AFAP Program Manager, the Army's leaders developed AFAP because they recognized that addressing and resolving day to day problems produces a satisfied more productive workforce within the Army.

In the 18-year history of the annual conference, 77 new pieces of legislation have been created as well as 126 new and revised Army policies and 139 new and improved services. A few examples include:

- An increase in temporary lodging expense from 4 to 10 days.
- An 11 percent basic housing allowance increase (part of a plan to eliminate out-of-pocket housing cost by 2005).
- An increase of service members' group life insurance from $50,000 to $200,000.

# West Nile

**from page 1A**

occurs. The public will be given 24-hour advance notice of aerial spray dates, times, and locations, along with information about precautions to take while spraying occurs.

The most important thing people can do right now is look for ways around the home to reduce mosquitoes' primary breeding ground – standing water – and to report dead birds to the DPW work order desk at Fort Stewart, 767-2883, or Hunter Army Airfield, 303-3733, and someone will come collect it.

For more information about West Nile Virus, people can call the MEDDAC Department of Preventive Medicine Environmental Health section at 767-3050.

# VOICES AND VIEWPOINTS

## Take pride in being a soldier

**Spc. Jacob Boyer**
Staff Writer

*Commentary*

I went home for the first time in a few months over the four-day holiday. It was the first time I had set foot on my college campus when school was in session since I'd left to begin my Army experience last November, and I noticed that something had changed.

People were actually happy to see me. It's not that I didn't have my fair share of friends and contacts back on the block. I did. And no one was ever particularly displeased to see me. But when you're there every day, I guess they're never particularly happy to see you. When you've been gone for a while, of course people are glad to see you return.

But when you've left home to join the military during a time of conflict and most people would never have pegged you as the Army type, I guess everybody wants to know what's shaking.

Professors, deans, old coworkers and students all had a load of questions and comments (Disclaimer: My home is in Tennessee).

"Boy, I tell you what, you guys should go over to Iraq and do somethin' fierce."

"I heard they shoot you boys up with all kinds of secret stuff, how's it feel?"

"How's the Marine Corps treating you?"

"You're an Army journalist? Isn't that an oxymoron?"

"I heard if you had a degree they made you an officer. How come you're not one?"

**"From the highest-ranking general to the most lowly private, we're all a cut beyond the average citizen by virtue of the service we volunteered for."**

Of course, most of these inquiries had simple answers. No comment, it hurts, that's my brother, no it's not and because they don't.

But the thing that really grabbed me was how interested the people back home were in what's going on in today's Army. They actually care about soldiers in this day and age.

Heck, back when I went to school, when a fraternity brother who was in the military came home for a visit we didn't worry too much about what was going on in his new life.

We just wanted to talk about how funny it was at that one party when he did that thing five years ago.

A veteran thanked me for doing what I'm doing, and I felt embarrassed.

Not because I'm not proud to be in the Army, but because most of the time I look at it as a job, something I do to keep the bill collectors at bay.

I don't think about what I'm doing as meaning something to people most of the time, and I don't think of myself as special. I'm sure most soldiers don't.

But the way people talk to you once you become a soldier is a reminder of the great things we do and the great sacrifices we volunteered to make.

From the highest-ranking general to the most lowly private, we're all a cut beyond the average citizen, just by virtue of the service we volunteered for. And believe it or not, they actually think so back in the civilian world.

All of this makes me proud to be serving in the Army, and it should remind everyone else that what we do is more than a job.

It doesn't matter if you're on the front lines, cooking in the dining facility or writing for *The Frontline*. We're all part of a team that means a lot to families, friends and even strangers back home.

So the next time you're thinking about how bad the Army is and how you wish you could just get out, remember the people who are counting on you back home, and think twice about the service you've given for your fellow countrymen.

Take pride in the fact that you're a soldier, because many others are as well.

## Marne Voice

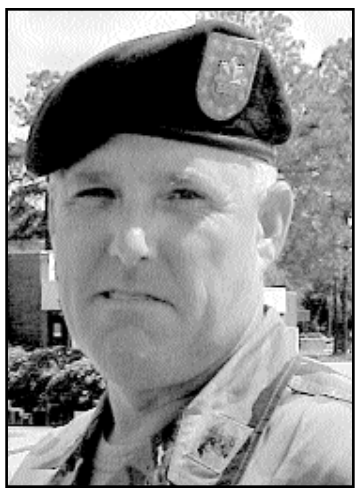
THE FRONTLINE

**Readers respond to the question:**

**Why are you proud to be a soldier?**

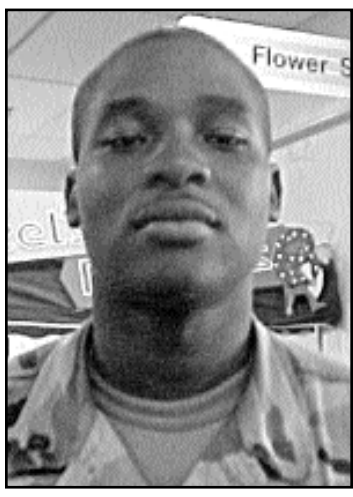
**"I get the honor of protecting the country."**

**Pfc. Phillip Harris**
**HQ Co., HQ Cmd.**



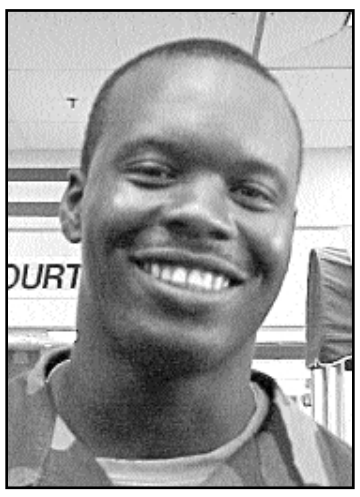
**"I'm proud to be a soldier because of the people I work with. Soldiers are the most important aspect."**

**Lt. Col. Dan Jennings**
**Logistics Assistance Office**



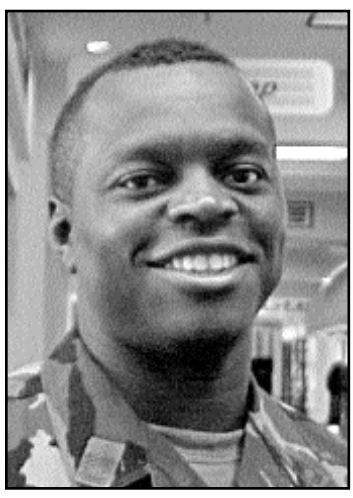
**"Because it gives me a chance to give back to my country, and allows me to continue a family tradition."**

**Spc. Dale Hairston**
**B Co., 123rd Signal**



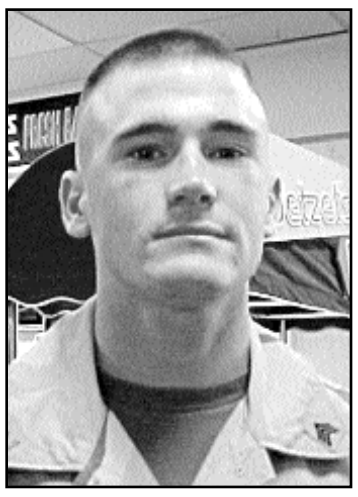
**"I love to serve my country and defend what is right."**

**Spc. Douglas Melton**
**C Co., 1st Bn.,**
**41st Field Artillery**



**"The opportunity to serve my country and be an actual part of protecting freedom."**

**Sgt. 1st Class**
**Henry B. Blair**
**B Co., 1st Bn., 306th Inf.**



**"Truthfully, it's what I like doing."**

**Sgt. Chris Doyle**
**B Co., 123rd Signal**

## Korea — 50 years ago this week

### *Peking radio denounces U.S. actions in Korea*

**Jim Caldwell**
ARNEWS

WASHINGTON - China continued to denounce U.S. actions in Korea via the airwaves, 50 years ago this week.

**Aug. 29 - Sept. 4, 1952** — The communist truce negotiators send notes Aug. 30 and Sept. 1 to the U.N. truce team denouncing injuries inflicted to rioting Red prisoners of war by their guards on Koje-do. Truce talks remain in recess, but the two negotiating team leaders — Maj. Gen. William K. Harrison for the U.N. and Lt. Gen. Nam Ill for the Reds — meet for 30 minutes Sept. 4.

Rain still limits ground fighting and hampers air mission, but on Aug. 29 the U.S. Air Force leads the heaviest raid to date against military targets in Pyongyang. Air Force, Navy, Marines, South African, Australian and South Korean crews fly 1,403 sorties against factories, supply depots and barracks in the city. They drop about 600 tons of bombs, 4,000 gallons of napalm and use 52,000 machine gun rounds on targets.

On Sept. 1 U.S. carriers Boxer, Princeton and Essex send 164 aircraft against an oil refinery at Aoji below Siberia and an iron mine at nearby Musan. U.N. aircraft hit air bases at Sinanju in northwestern Korea and Sinchang in the northeast on Sept. 2. On Sept. 4 the Changjin hydroelectric plant is bombed again.

Peking radio denounces the air attacks against Korea as "murdering peaceful residents" on Sept. 1. The announcer boasts that from June 26, 1952 to June 15, 1962 communist fighter pilots and antiaircraft weapons shot down or damaged 5,922 U.N. planes.

An 8th Army spokesman giving updates on the POWs on Koje Island on Aug. 29 and Sept. 1. He reports that 41 more violent prisoners on Koje were slightly injured in assaults on U.N. guards.

Maj. Gen. Haydon L. Boatner, who restored order to the Koje-do prison camp by putting POWs in more-manageable 500-man compounds, turns over command of the camp to Col C.V. Caldwell Aug. 31.

Then on Sept. 1, Gen. Mark Clark, U.N. supreme commander, presents Boatner with his second Distinguished Service Medal before he departs Japan for the United States. The French award him the Croix de Guerre and Legion of Honor for his actions as deputy commander of the 2nd Infantry Division during the fights for Bloody Ridge and Heartbreak Ridge earlier this year.

Peking radio on Sept. 3 demanded that Boatner, who is now back in the United States, be tried as a "war criminal" for "massacres of POWs."

**Aug. 29 - Sept. 1** — Events occur in Europe among members of the World War II Allied Control Council. The council consists of representatives from the United States, USSR, Britain and France.

Meeting in Vienna on Aug. 29, they strike down an Austrian law allowing Nazis who had land they stole from Jews seized by the government could sue to have the property returned to them.

Army Sgt. William G. Pennell, Turon, Kan., and his wife are beaten and injured by a crowd Aug. 29 when Pennell tried to drive his car down a narrow street filled with theater goers in Salzburg, Vienna. There is high anti-American feeling in Salzburg because the Army has located tank proving grounds in the middle of the city against the wishes of the city council.

West Berlin police clash with communists attempting to demonstrate around the city Aug. 29. It's the first time in several weeks the Reds have attempted demonstrations in the West.

On Sept. 1 the Western allies turn over to the West Germany government the responsibility for enforcing most travel controls in effect during the occupation. This includes a travel ban on about 12,000 Hitlerites and other "undesirables."

**Aug. 30** — Air Force Secretary Thomas K. Finletter tells the Air Force Association Convention 30 that Russia has added "quite a few" of its new twinjet light bombers to its Far Eastern air force. The suspicion is that the light bombers may be used against frontline U.N. troops. He says the Chinese have about 2,100 planes, 1,300 of them jets, and nearly all are Russian-built.

**Aug. 31** — Chinese radio claims that countries attending the "Asian and Pacific Peace Conference" in Peking in late September will discuss ways to "settle peacefully the Korean question on a fair and reasonable basis."

**Sept. 2** — A Soviet armed forces "Red Star" article claims that the "threat of widening American aggression in Asia and the Pacific" has increased and the United States is trying to build an "international Asiatic army" with Japan and other nations.

**Sept. 3** — The Defense Department releases the number of casualties suffered in American units in Korea through Aug. 29. The total is 116,655. This includes 20,506 battle deaths, 1,613 known prisoners and 9,441 missing. The Associated Press reported on Aug. 30 that the 17-nation U.N. force had suffered 384,421, which includes 262,421 wounded and killed. The American armed forces, in Korea since the very beginning, account for the most troops from any single nation. Therefore they have suffered the most casualties of all the countries. Great Britain is second in overall losses with 3,250. Among them are 513 dead.

Soviet Premier Joseph Stalin and Chinese President Mao Tse-tung send each other congratulatory messages Sept. 3 commemorating the 1950 Chinese-Soviet defense treaty's "guarantee" against "aggression" by Japan or any other country with ties to Japan.

**Voice your opinion!**
**Write a letter to the editor!**

**Send to:**
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**Fort Stewart, Ga. 31314-4941**

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# Nutritional supplements, hidden dangers

**Spc. Robin M. Tenney**
Staff Writer

A perfect 300 – a score every soldier hopes to achieve. But at what cost?

A sergeant suffers heat stroke and severe muscle damage on mile 10 of a unit road march, a specialist is diagnosed with an irregular heartbeat after she collapses during a run at Airborne School and a private first class dies during a physical fitness test.

These soldiers, wanting to perform at a maximum level, made a critical decision to use dietary supplements.

Nutritional supplements or dietary supplements are products taken by the mouth that contain a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars and metabolites, according to the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition.

Dietary supplements are taken to increase performance, slim down or bulk up.

They provide a caffeine-like boost, similar to how strong coffee affects the central nervous system, according to Col. Mike Heath, the pharmacy consultant with the Office of the Army Surgeon General

"Dietary supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, can affect different people differently and may also interact adversely with prescription drugs," said Heath.

Taken in small doses, nutritional supplements may not be harmful, but in high levels they may be extremely dangerous. The full extent of these drugs are not known due to the lack of scientific research.

"People abuse the product and this is where the problem comes in," said Tim Jackson, personal trainer who works at Newman Physical Fitness Center.

According to the Dietary Supplement Health and Education Act of 1994, in order for an ingredient of a dietary supplement to be a "dietary ingredient," it must be one or any combination of the following substances:

— a vitamin,
— a mineral,
— an herb or other botanical,
— an amino acid,
— a dietary substance for use by man to supplement the diet by increasing the total dietary intake,
— a concentrate, metabolite, constitute or extract.

However, there is no FDA standardization of quality control in terms of what is in dietary supplements, Heath noted. "The potency of doses and other inert additives can vary from batch to batch."

"If you were to take three bottles of the same product off the shelf and compare them, you could come up with different amounts (of the dietary ingredient)," said Capt. Kimberly Brenda, Winn Army Community Hospital registered dietician. "You can't guarantee how much is in each pill."

"One could have nothing and another could have twice the amount," Brenda noted.

Dietary supplements, unlike medicines and other drugs, do not undergo rigorous testing and screening for efficacy and safety.

"Herb companies do not have to prove safety or purity," Brenda said.

If there is a problem with the supplement, the responsibility falls on the FDA to prove the supplement is not safe.

According to regulations, the FDA can only take action if a company includes a drug claim on the product label. Therefore, the company can promote the product as a drug in magazines, on television and on the radio all it wants as long as it does not on the label itself.

Dietary supplements may also contain substances not shown on the package label which may be harmful.

There are many popular dietary supplements on the market with various claims to improve build and performance.

One such supplement is Creatine. Creatine is naturally produced in the body in the liver, pancreas and kidneys. It aids in the production of ATP, which is used for quick, explosive activities. When ATP levels drop, muscles become fatigued. The theory is that an athlete on creatine can exhibit more explosive bursts of energy allowing for longer weight workouts, more sprints, etc. Possible adverse effects from creatine is dehydration, reduced plasma blood volume, tetanic muscle cramping, muscle strain and electrolyte imbalance. One major fear over the use of creatine is kidney disease.

Another popular example is Ephedrine. It is structurally similar to the amphetamines and increases heart rate and blood pressure. The adverse effects of ephedrine range from heart attack, stroke, seizure, psychosis and death to less serious but nevertheless worrisome effects such as headache, tremor, nervousness, gastrointestinal distress and irregular heartbeat.

The FDA has received many reports of serious side effects and even deaths associated with the use of products that contain ephedrine, which is found as Ma Huang, also known as Chinese Ephedra, Ephedra Sinica, Ephed Equisetina, desert herb and herbal ephedrine.

Consumer warnings have also been issued by the FDA about using dietary supplements containing kava, another herbal extract. Kava depresses brain activity and is claimed to improve relaxation and reduce anxiety.

The best advice for someone considering a dietary supplement is to get some education on it first, Brenda said.

"You have to dig a little deeper," she explained. "Don't assume a supplement is safe just because it is natural. Don't equate natural with safe."

If you would like more information on a specific dietary supplement, talk with your primary care physician or call the nutrition clinic at 370-6995.

## Common dietary supplements

### Ephedra/Ma Huang

**Most common reason taken:** Weight loss

**Possible adverse reactions:** Nervousness, anxiety, fear, agitation, restlessness, weakness, irritability, talkativeness, insomnia, dizziness, lightheadedness, tremor, hyperreflexia, heart palpitations, sinus tachycardia and fatal arrhythmias

**May conflict with:** Cardiac glycosides, general anesthetics, monoamine and oxidase inhibitors

### St. John's Wort

**Most common reason taken:** Depression, insomnia

**Possible adverse reactions:** Skin hypersensitivity to light, hypomania, gastrointestinal irritation, lethargy and restlessness

**May conflict with:** MAOIs, antidepressants, oral contraceptives, levodopa, general anesthetics, digoxin, warfarin, anti-retroviral protease inhibitors and non-nucleoside reverse transcriptase inhibitors

### Kava Kava

**Most common reason taken:** Stress, nervousness and anxiety

**Possible adverse reaction:** Skin discoloration, ichthyosis, dizziness, drowsiness, visual impairment, balance disturbances and involuntary movements

**May conflict with:** Alcohol, benzodiazepines, barbiturates, anticonvulsants, skeletal muscle relaxants, tricyclic antidepressants, MAOIs, lithium, selective serotonin reuptake inhibitors, warfarin and levodopa

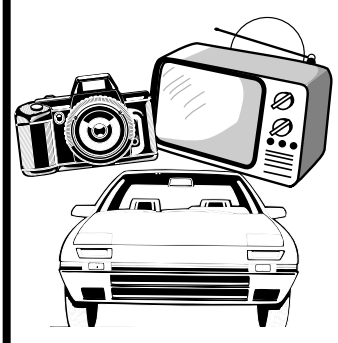
### Ginkgo Biloba

**Most common reason taken:** Improve memory and blood flow, treat Alzheimer's and other forms of mental deterioration in the elderly

**Possible adverse reactions:** Headache, nausea, vomiting and subdural hematoma

**Conflicts with:** Anticoagulants and aspirin

**Whatever it is. . .**



**sell it in the classifieds.**

*Call*

**368-0526**

*to place your ad today!*

# A piercing issue: *Oral body piercings pose many risks*

Staff Report

Body piercing is fast becoming the most prevalent form of body art and self-expression. But if not taken seriously, great health risks could occur, especially with oral piercings.

Oral piercing often involves the lips, cheeks, tongue, uvula or any combination of these sites, with the tongue being the most commonly pierced intraoral site.

Body piercing is a type of surgical procedure and like most body altering surgeries, health risks are a concern, especially when piercing is done in less than sanitary conditions, such as in garages, basements and bathrooms.

If the decision to get pierced is made, it is very important to research the facility first. But, more importantly, people interested in body piercing need to be aware of the potential health risks.

**Procedure-related risks**

•Infection. Infection is a possibility with any opening in skin or oral tissues. Given that the mouth is teeming with bacteria, oral piercing carries a high potential for infection at the site of the piercing.

•Prolonged bleeding. Damage to the tongue's blood vessels can cause serious blood loss.

•Swelling and possible nerve damage. Swelling is a common symptom experienced after oral piercing. Unlike an earlobe that is pierced, the tongue is in constant motion, which can slow and complicate the healing process.

•Blood borne disease transmission. Body piercing doesn't seem to have the same risk of hepatitis C as tattooing does. Robert Haley, MD, chief of epidemiology at University of Texas Southwestern medical Center in Dallas reported that people with tattoos are nine times more likely to be infected with hepatitis C.

Saliva has a lot of anti-infective immune processes, so generally people tend not to get a lot of bacterial infections of hepatitis with tongue piercing. However, oral piercing has been identified by the National Institutes of Health as possible factor in transmission of hepatitis, B, C, D and G.

•Endocarditis. In addition, oral piercing carries a potential risk of endocarditis, a serious inflammation of the heart valves or tissues.

The wound created during oral piercing provides an opportunity for oral bacteria to enter the bloodstream, where it can travel to the heart.

This presents a risk for people who have cardiac abnormalities on which the bacteria can colonize.

**Jewelry-related risks**

•Injury to the gums. Not only can the metal jewelry injure the gums, but also, if it is placed so that it makes constant contact with the gums, it can cause soft tissues to recede.

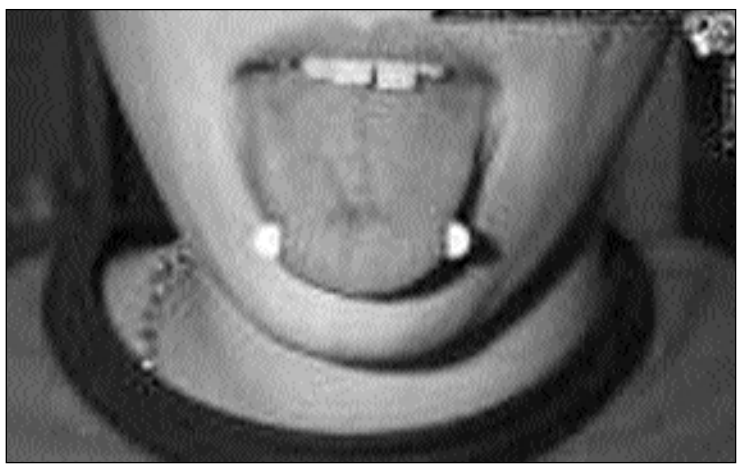
•Damage to the teeth. Contact with the jewelry can chip or crack teeth. Likewise, teeth that have restorations can be damaged if jewelry strikes them.

•Interference with normal oral function. Oral jewelry can stimulate excess saliva production, can impede the ability to pronounce words clearly, and may cause problems with chewing and swallowing food.

Furthermore, metal alloys used in the manufacturing of oral jewelry can potentially sensitize susceptible people, resulting in allergic contact dermatitis.

•Aspiration. There is always a possibility that the jewelry can come loose. As with any loose object in the mouth, unfastened jewelry becomes a choking hazard.

The jewelry also could be ingested, which could result in injury to the digestive tract.



**Prevention**

To prevent problems from developing, think about the following guidelines and information before making your decision to pierce a part of your body:

• Get a tetanus shot before your body piercing if you have not had one in the past 10 years.

• Choose an experienced person to do the body piercing. Ask the person doing the body piercing how he or she cleans the equipment. Sterile gloves, sterilized equipment and appropriate jewelry should be used.

• Look around the room and see if it looks clean.

• To prevent problems with metal allergies, only buy jewelry that is surgical steel, 14- or 18-karat gold, niobium, titanium or approved acrylic products. Avoid jewelry made of other metals, particularly nickel. Many people develop an allergy to nickel.

• Do not allow a person doing a body pierce to use an earlobe "gun" on any other part of your body. These guns can cause serious injury to other body tissues.

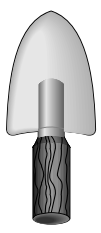
• Consider the social or emotional risk you are taking. Many people make negative value judgments about people with body piercing.

• To protect others from disease, let the person doing the body pierce know if you have had hepatitis B or hepatitis C. If you have, make sure any jewelry you use is sterilized before it is used and not shared with anyone else.

To decrease potential health risks, research the facility and the risks. Make sure the artist is a body piercing technician. Body Piercing Technicians are required to attend infection control and blood borne pathogen training as well as adhere to other standards such as sterilization procedures and Cardio Pulmonary Resuscitation training.

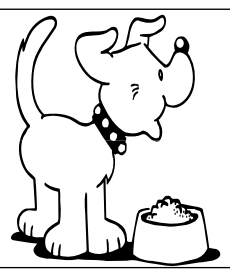
And remember, a body piercing is not permanent. It can be reversed by simply removing the jewelry, and cleaning it until the hole closes.

**Editor's Note:** *There is a wealth of information regarding dental care — just go to American Dental Association's Website at* **www.ada.org**. *Col. Charlene Czuszak, DENTAC, was the primary contributor to the article.*

**If you accidentally discover an archaeological site on Fort Stewart:**

1. Cease what you are doing immediately.
2. Notify Range Control at 767-8777.
3. Do not attempt to unearth the object or remove it.



Be an angel.

*Go to your local veterinary clinic and adopt a cat or dog today.*

# NCOs inducted into Sgt. Audie Murphy Club

**Spc. Jacob Boyer**
Staff Writer

Fort Stewart's newest members of the Sgt. Audie Murphy Club were inducted during a ceremony at Club Stewart Tuesday.

Staff Sgt. Darrell Brooks, a petroleum supply specialist with 1st Battalion, 64th Armored Regiment; Staff Sgt. Reinaldo Contreras, a small group leader at the Noncommissioned Officer Academy; Staff Sgt. Carnika Donald, an emergency medical technician at Winn Army Community Hospital, and Staff Sgt. Joanne Douglas, a small group leader at the Noncommissioned Officer Academy, were all admitted to the Army-wide organization, which inducts members that exhibit the attributes of professional noncommissioned officers.

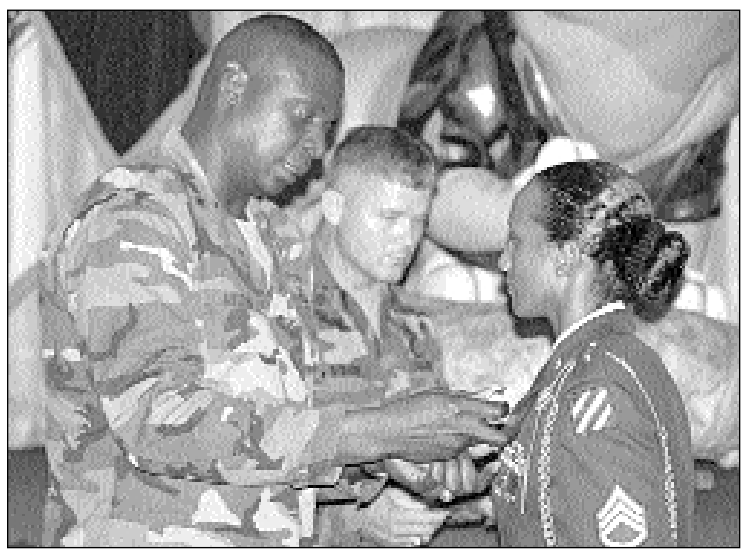
"This ceremony speaks volumes about what the Army's all about," said Brig. Gen. Lloyd J. Austin, III, 3rd Infantry Division (Mech.) assistant division commander (maneuver). "We should stop and reflect on what great NCOs we have."

Sgt. Audie Murphy enlisted in the Army during World War II a few days after his 18th birthday. After training he was sent overseas, where he was assigned to the 15th Infantry Regiment of the 3rd Infantry Division, where he fought in North Africa, Sicily, Italy, France and Germany. He earned a battlefield commission to second lieutenant for his courage and leadership ability.

Murphy spent 400 days on the front lines and earned 33 military awards, citations and decorations, including every medal of valor America gives and three French and one Belgian medal. He was the highest decorated soldier in American history.

Murphy went on to Hollywood after the war, where he acted in 44 pictures and wrote 16 country and western songs. He joined the 36th Infantry Division of the Texas National Guard in 1950 and served until 1966. He was a member of the Masons, the Shriners and several veterans' associations. He died in a plane crash on a mountaintop near Roanoke, VA., on May 28, 1971.

"Our NCO corps makes us different from any other Army in the world," Austin said. "It makes us the greatest land power on earth. The top one percent of the Army's NCOs are recognized with this honor. That says a lot."



*Spc. Jacob Boyer*

**Brig. Gen. Lloyd J. Austin, III, 3rd Infantry Division (Mech) assistant division commander (Maneuver), awards the Army Commendation Medal to Staff Sgt. Joanne Douglas during the Sgt. Audie Murphy Club induction ceremony Tuesday.**

# Ridge

**from page 1A**

ty. Many cities already are studying ways to reconfigure resources and increase cooperation across jurisdictions, he noted. Again, more resources may be needed, he said, but there will "never be enough to make every fire department look the same, every police department look the same, every public-health component identical."

Cooperation and the sharing of resources must take up the slack, Ridge said. The federal government must lead the change, he added.

"I just can only reiterate that if all we do as a country is change the optics on the organizational chart; if all we simply do is take this department and this agency and bring them all under one new agency, and we don't give (leaders) ... the freedom to lead, then we really wouldn't have effected change," Ridge said. "We may have bolted a couple of pieces together, but we will not have integrated personnel, integrated technology, integrated mission, and we will not have maximized this country's effort — our responsibility to do everything we possibly can to protect our citizens and our way of life."

Ridge said it would be tough enough to merge the various cultures, technologies and resources of the 22 federal agencies that would become part of the new department.

"If you're not really going to change the status quo, then why create a department that you can't effect the change within?" he asked.

"If all we do is simply bolt or staple together a bunch of disparate agencies, ... you won't be able to get the job done," he added.

Keep America Beautiful DON'T LITTER!

**If you accidentally discover an archaeological site on Fort Stewart:**

1. Cease what you are doing immediately.
2. Notify Range Control at 767-8777.
3. Do not attempt to unearth the object or remove it.

# Hunter

from page 1A

ference Sept. 30 - Oct. 1. The conference is an opportunity for concerns to be raised about the overall Army community, to include suggestions on improving Army family life.

After Davie addressed those specific issues, he opened the floor to comments from the panel.

**Army and Air Force Exchange Service**

The Post Exchange has new paint and brighter lights, which improve the overall appearance of the facility. The Toyland grand opening will be held Sept. 28. Upcoming sales events include oriental rugs, Sept. 20-30.

**Commissary**

The Defense Commissary Agency will hold its second annual worldwide case lot sale Sept. 21-22.

**MEDDAC**

The July and August school screenings were successful – more than 200 children were screened during that time. Tuttle is expanding its services, to include a new appointment clerk, new records clerk and a new health clerk. The health clerk will arrive in the next few weeks. Also, the Tuttle Shuttle will be available in the near future to transport patients to Winn Army Community Hospital.

**DENTAC**

Lt. Col. Daniel Sweeney is retiring, but he will return to the clinic as a contract dentist. Sgt. 1st Class Richard White, the new NCOIC, will arrive soon.

**Staff Judge Advocate**

Renovations of the legal center are almost complete. However, the air conditioning does not work. Clients are asked to be patient until that matter is resolved.

Within the next six months, the center will be adjudicating claims — soldiers will no longer have to go to Fort Stewart to file claims.

There is a great deal of concern over the number of soldiers and family members having consumer problems. Soldiers are applying for loans with astronomical interest rates, sometimes as high as 91 percent on 12-month loan. Commanders are encouraged to inform their soldiers that they should not sign a loan contract until someone from the JAG office has reviewed it.

**Directorate of Public Works**

Both access control gates will be rebuilt in the near future. This will cause some traffic problems, but the overall result will be worthwhile. There is a lot of construction on post, to include new barracks, administration buildings, air traffic control tower and a runway. Additionally, Sabre Hall is scheduled to be renovated and expanded in fiscal year '03, and a new post gym and Ranger barracks will be built in fiscal year '04.

**Directorate of Community Activities and Services**

The Soldier Show will be held Oct. 22-23 at Newman Gym on Fort Stewart.

**Post Chapel**

Protestant Sunday School has begun, as well as CCD for Catholics. The chapel will hold a 9/11 Remembrance Ceremony at noon, Sept. 11. A Memorial Mass will also be held Sept. 11 at 5 p.m. Soldiers are reminded to drive slowly when pedestrians are crossing the crosswalk in front of the chapel.

**Directorate of Public Safety**

The Rio gate is for decal vehicles only. No vehicle passes will be issued at that gate. However, personnel who have obtained a pass at the Montgomery or Wilson gates may use the pass on its effective dates at the Rio gate. Any issues or concerns about MP service should be promptly addressed to Capt. Francis Pilon or the station NCOIC at 352-6133.

If there is a problem with a specific MP, get the soldier's name, rank, vehicle number, as well as the time and date of the situation.

The next Hunter community meeting will be held Oct. 22.

Combined
FEDERAL
CAMPAIGN
Sept. 1 thru Nov. 1

CFC

"A contribution brings the hero out in you."

Contact your CFC representative to give 'til it helps!

# Pot of Gold

Left to right: Allen White, Stacy Williams, Louis Ware, Susan Conroy, Claire Lovell.

Left to right, front to back: Arquelio Gillespie, Teresa Davie, Betty Johnson, Sgt. Robert Dillard, Theodora Fleming, Hamer Deberry, Tammy Heaton, Deitra Matthews, Sgt. Steven Carter Sr., 1st Sgt. Larry Davie, Anita Scurry, Lillie Thomas, William Goodwin, Joseph Mock, Capt. Darrin Theriault, Sabine Patterson.

Left to right, front to back: Maureen Lyons, Monicka Bachellor, Barbara Miles, Dana Almonrode, Kimberly Vallade, Robyn Covington, Tonya Albert, Elizabeth Hotchkiss, Chrystie Palomo, Martina Jenkins, Cecil Barnes, Sgt. David Covington.

Left to right, front to back: Leighann Degeneres, Tanja Dunkelburg, Rachel Wright, Jennifer Burdett, Mary Santiago, Felicia Armstrong, Natasha Riley, Nichole Lumpkins, Staff Sgt. Richard Wright, Sgt. Daniel Vigil, Dorothy Young, Jessica Harris, Latoria Bivens, Eugene Capocasale.

Left to right, front to back: Louise Kester, Tia Goodman, Kathryn Howison, Jennifer Johnson, Debra Somers, Carmen Hancock, Meg Miller, Ashley Neal, Xavier Wallace, David Porch, Whitney Duck, Ginny Ellis, Derek Cook.

Left to right, front to back: Sgt. Jennifer McQuain, Julia Hillen, Megan McCarty-Williams, Karen Twitty, Carol Woodward, John Cheney, Col. Wilfred Clayton, Glenda Hightower, Natasha Taylor, Lisa Walden, Pamela Hicks, Nicole Hilmes.

Left to right, front to back: Shelnatta Dunbar, Spc. Scott Murphy, Spc. Carl Gregory, Elizabeth Young, Amelia Gainey, Hillary Crowther, Capt. Richard Dunbar, Sgt. Christopher Drinkwater, Tiffany Cruz, Barbara Nobles, Tanika Ramirez, Susan Phillips, Rene Pearson.

**ATTENTION:**
Command and Soldiers

**PREVENTION INTERVENTION PROGRAM (PIP)**

*There's A New Service In Town*

**CONTACT:**
Mrs. Carey P. Sawyer, LMSW
Prevention Intervention Specialist
Phone: (912) 370-6100
Monday-Friday
7:30 a.m. - 4 p.m.

**LOCATION:**
Outpatient Psychiatry
Building 301, Harmon Ave.
Winn Army Community Hospital,
Exterior Building
(Adjacent to the
Emergency Room entrance
at the rear of the hospital)

The Prevention Intervention Program (PIP) is a secondary prevention program for at risk soldiers who are vulnerable to the stresses that can lead to domestic violence and abuse.

THIS IS A TOOL AND A RESOURCE FOR COMMAND!!!

PIP differs from most other ACS programs in that it is an intervention designed primarily for soldiers and spouses, when appropriate; and secondarily for families if the violence has infiltered the home.

Information and education on an ongoing basis to soldiers will enhance a person's ability to cope appropriately with anger and stress. This program will help command assist their soldiers by identifying problems with anger and abuse BEFORE this becomes an issue in their jobs, in the field, and with their families. PIP is located at the Outpatient Psychiatric Department and referrals are channeled through command, Social Work Services, and health care professionals. PLEASE CALL FOR FURTHER INFORMATION.

**VOLUNTEERS NEEDED**
**Fort Stewart McGruff Safe House Program**

**All inquiries or request for information should be directed to:**
**Attn: H.L. Goodwin, Army Community Service**
**76 Lindquist Avenue, BLDG 470**
**Fort Stewart, GA 31314-5512**
**Phone: (912) 767-5058/5059**
**Fax: (912) 767-5502**
**Sponsored by DCAS**
**Army Community Service Family Advocacy Program**

# 3ID IN BRIEF

## Stewart

### Sweepstakes

The Army MWR and Hyundai have teamed up to offer an exciting sweepstakes in honor of our military personnel.

The Army MWR and Hyundai Santa Fe Drive-Away Sweepstakes, a web-based contest, runs through Sept. 30. Army MWR has arranged for Hyundai to give away three terrific prizes.

The grand prize winner will receive a brand new 2003 Hyundai Santa Fe GLS 4 wheel drive SUV and two first prize winners will receive a Sony home entertainment system valued at $1,500 each.

To register for this sweepstakes, visit **www.armymwr.com/portal/events** through Sept. 30. One entry allowed per household, individual or e-mail address per day. See official rules on the website for further details. No federal endorsement of sponsor is implied.

### Hispanic Heritage Month

The 3rd Infantry Division (Mech.) celebrates Hispanic Heritage Month "Strength in Unity, Faith and Diversity" from 10:30 a.m. to noon, Sept. 17, at Woodruff Theater. There will be traditional and modern Hispanic dances, guest speaker will be Command Sergeant Major Francis Rivera, 26th FSB.

### Memorial Service

Fort Stewart and Hunter Army Airfield will have a special Sept. 11 Memorial Service honoring victims, families and friends of the national tragedy. The theme is "Gone But Not Forgotten." The Memorial Service will be at Marne Chapel, Building 610, from 12:30 to 1 p.m., Wednesday. Soldiers, families and civilians of the 3rd Inf. Div. (Mech.) are invited to attend. For more information, call Chap. (Maj.) Alvin Miller or Mary Fairly at 767-8801 or 767-4418.

### Patriot's Day

The Veterans Council of Chatham County takes great pride in presenting what will be an annual celebration of Patriot's Day.

The celebration will be held at 6 p.m., Wednesday, at Grayson Stadium, Savannah. There will be several local dignitaries present, as well as representatives of the local and county police and fire departments, all branches of the armed forces, veteran's groups, guest speakers, choir singing, color guards and bands playing patriotic songs. The ceremony is free and open to the public.

### Guardfist II

The Guardfist II call for fire facility located in Building 1805 is offering night land navigation classes. Soldiers will receive hands-on training on navigating from point to point during the hours of darkness. This training is especially geared toward soldiers who will be attending PLDC. The facility also offers classes in map reading as well as call for fire. For more information, call Randy Scales, facility manager, at 767-6467/6384.

### Audie Murphy club

There is a Sergeant Audie Murphy club meeting the 4th Wednesday of each month at 11:45 a.m. in the Audie Murphy Conference Room in Building 1. For more information, call Sgt. 1st Class Jones at 767-9127.

### ESC upcoming events

The next Enlisted Spouses Club meeting is at 7 p.m., Monday, at the PX. There will also be an ESC membership potluck picnic from noon to 3 p.m., Sept. 21, adjacent to ACS. There will be bingo and a white elephant gift exchange. ESC is open to all spouses of enlisted military.

### Sign language expert

The Fort Stewart School System is seeking someone skilled in American sign language. If interested, call Joyce Rankl at 368-2742, extension 209.

## Hunter

### Airframe & Powerplant

Airframe and Powerplant continuing education courses will be starting at the Hunter Education Center in September.

If you would like to sign up, please call your education counselor for more information: 352-6130 at Hunter or 767-8331 at Fort Stewart.

### Chapter counseling

The Staff Judge Advocate is changing the hours for Chapter counseling. The new hours are: Article 15 counseling – Mondays and Wednesdays at 9 a.m., Chapter/Elimination counseling – Mondays and Wednesdays at 1 p.m., Courts-martial (all levels) – Monday through Wednesday and Friday by appointment only, suspect rights advice – Monday through Wednesday and Friday, appointments or walk-ins accepted.

### Hunter Recycling Center

The Hunter Recycling Center is temporarily closed. Housing residents are encouraged to place cardboard that is to be recycled in or next to their recycling bin.

### "Take Care of Yourself"

A "Take Care of Yourself" class is held 10 to 11 a.m. every fourth Wednesday, in the Tuttle Library. The instructor of the one-hour class gives an overview of how to use the "Take Care of Yourself" book distributed to TRICARE Prime beneficiaries when they enroll in TRICARE at Fort Stewart or Hunter. Upon completing the "Take Care of Yourself" class, you will receive a card that allows you to get over-the-counter medications, recommended by the "Take Care of Yourself" manual, from the outpatient pharmacy at Tuttle and Winn.

To register for the Tuttle Class, call the Central Appointments line, 767-6633 or 1-800-652-9221. When in the phone menu, Press 2 for Tuttle.

### Fridays at the Hunter Club

Stop by the Hunter Club Friday between 4 and 8 p.m. and let the good times roll. Music, finger foods, dancing and even a live DJ are on hand every Friday night to provide entertainment for you and your friends. Everyone is welcome.

### Tuttle Army Health Clinic

Marilyn O'Mallon is Tuttle Army Health Clinic's patient representative. Her role as a patient advocate means that patients have someone to address their concerns and find resolution to their problems. She also offers notary service. Visit O'Mallon in her office at Tuttle Monday through Friday from 9 a.m. to 2 p.m., call 352-5731 or e-mail at **Marilyn.O'Mallon@se.amedd.army. mil**.

### Dermatologist services

Dermatologist, Maj. Richard James, sees patients by appointment at Tuttle the last Thursday of the month between 7:30 a.m. and 4:30 p.m.

### Health benefits advisor

Kathy Wise is the health benefits advisor for Tuttle. You can find her office in Room C-158 from Mon. through Wed. and Fri. from 7:30 a.m. to 12:15 p.m. and 1:15 to 4:30 p.m. and on Thursdays from 1 to 4:30 p.m.

Her telephone number is 352-5062 or e-mail her at **Kathryn.Wise@se.amedd.army. mil**.

### Beneficiaries service

Norma Mclean is the Beneficiaries Service Representative for Humana, the Region 3 TRICARE at Tuttle. Her office hours are 8 a.m. to 4:30 p.m., Monday through Wednesday and Fridays, and noon to 4:30 p.m. on Thursdays.

She can assist beneficiaries with enrollment and other TRICARE benefit issues. Call Mrs. Mclean at 352-5435.

## Winn

### Bereavement Support

All military beneficiaries (soldiers and spouses) who have experienced the loss of a loved one are welcome to attend Monthly Support Group Meetings, Workshops, and Consulting at 7 p.m., the second Tuesday of each month, in Social Work Services, Building 311 adjacent to Winn.

### Cholesterol screenings

Winn's community health nursing staff wants to check your cholesterol and offer nutritional consultation. Stop by for a free cholesterol screening from 9 a.m. to 3 p.m., Sept. 16, in the PX on Fort Stewart or from 9 a.m. to 3 p.m., Sept. 23, in the main lobby entrance for Winn. Those with increased levels will be asked to follow-up with their primary care manager.

### "Winn Delivers" videos

Expectant mothers and partners unable to attend a scheduled labor and delivery tour at Winn can now borrow a video tape that contains a 15-minute "video tour." This video allows families to see what to expect during and after delivery at Winn. Copies are available in the OB-GYN Clinic on the fourth floor or at the public affairs office on the first floor.

### Developmental screenings

Are you a military family with children from 0 to 3 years old with or at risk for developmental delays? Call Educational and Develop-mental Intervention Services at Winn. Services include home visits, occupational therapy, special instruction, physical therapy, speech and language therapy, vision and hearing screenings, family training, developmental screenings and assessments.

If you have questions or concerns about your child's development due to premature birth traumatic birth, serious and chronic illness or disability, call 370-6349.

### TRICARE Service Center

All health benefits and TRICARE questions can be answered in one place. The TRICARE Service Center is open for business in building T-301, the old Behavioral Health Building, next to the ER and adjacent to the Outpatient Clinic entrance at Winn. The TRICARE Service Center telephone number remained the same, 368-3048. They joined the Health Benefits Branch, already in that building.

If you have any questions for the Health Benefits Branch, call 370-6015.

### Obstetrics class

Obstetrics registration classes are held 8:30 to 11:30 a.m. Tuesdays and Thursdays, except the third Thursday of each month, at the Well Women's Center, Room 417, fourth floor.

If you have had a positive pregnancy test, call 370-5620 to register for the class. Patients are scheduled to attend the class during or after their eighth week of pregnancy.

At the registration class, an appointment for your first OB visit/physical will be made. This appointment should be scheduled by the 12th week of pregnancy. For more information, call 370-5620.

### Prenatal/child birth class

This four-session class begins the first Tuesday of every month. Classes are held from 6 to 8 p.m. for four consecutive Tuesdays in the dining facility, first floor. Expectant parents are encouraged to sign up to attend the class by the beginning of their third trimester — 28 to 32 weeks.

To register for the class, call the Winn appointment line, 767-6633, and choose the obstetrics/ gynecology selection.

If you have questions, you can send an e-mail to **mary.gambrel@se.amedd.army. mil**.

## Creating a Clean and Healthy Environment

*How to make your own Drain Cleaner*

Pour one cup each of baking soda, salt and white vinegar down the drain. Wait 15 minutes and then flush with boiling water.

## ASK THE JUDGE

# Foreign-citizen fiance of United States citizen

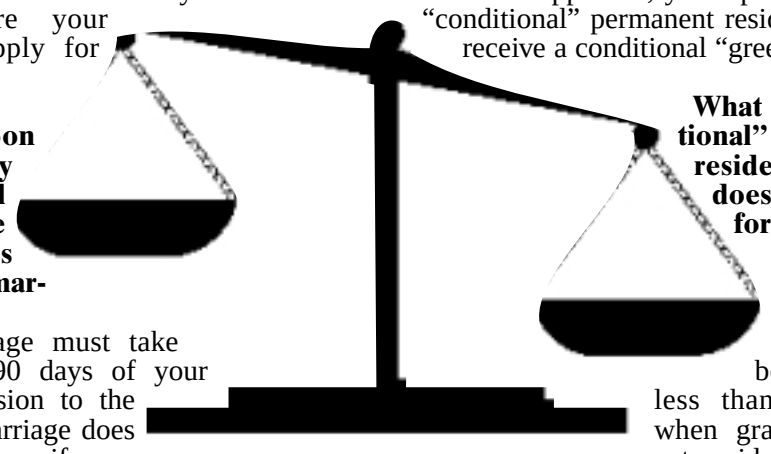
**Maj. Kathy Giraitis**
Special to The Frontline

**I am a U.S. citizen, and I am planning to marry a foreign citizen. How can my fiance come to the United States so that we can get married here?**

If your fiance is not a citizen of the United States and you plan to marry in the United States, you must file a petition with the Immigration & Naturalization Service (INS) in order for your fiance to be admitted into the U.S. Once INS approves this petition, your fiance must obtain a "K-1" nonimmigrant visa at the U.S. embassy or consulate abroad.

**What is the petition I must file with the INS?**

The petition is called an I-129F petition. You—the U.S. citizen—must file this petition with the INS on behalf of your fiance. The fee is $110. Both you and your fiance must be unmarried and free to marry—that is, single, divorced, or widowed. You will need to submit proof that you are a U.S. citizen (birth certificate or naturalization certificate) and proof of the termination of any prior marriages. You and your fiance must have met each other in person within the last two years. The INS will approve or deny the petition. Once approved, INS will forward the petition to the appropriate American Embassy or Consulate abroad, where your fiance will apply for his/her visa.



**How soon after my fiance's arrival into the United States must we get married?**

Your marriage must take place within 90 days of your fiance's admission to the U.S. If the marriage does not take place, or if your fiance marries someone else, his/her legal status ends, and he/she may be placed in removal (deportation) proceedings.

**Will my new spouse become a lawful permanent resident once we are married?**

Not automatically. He/she must file an application to adjust status, Form I-485, with appropriate supplementary forms, in order to become a permanent resident. The fee is $255, plus a $50 fingerprint processing fee. If the I-485 is approved, your spouse will be a "conditional" permanent resident and will receive a conditional "green card."

**What is a "conditional" permanent resident? What does this mean for my spouse?**

Foreign spouses of U.S. citizens who have been married less than two years when granted permanent resident status are given that status on a conditional basis. This policy was instituted to combat marriage fraud. Conditional permanent residency means that your spouse's "green card" will have a two-year expiration date on it. You and your spouse must jointly file a petition—called an I-751 petition—to remove the conditions on your spouse's permanent resident status. This must be done during the 90-day period before the two-year anniversary of the date your spouse was granted permanent resident status. This time period is critical! Neglecting to file the joint petition in the proper time frame will result in your spouse's legal status being terminated—he/she will lose the lawful permanent resident status and will likely be placed in removal (deportation) proceedings.

**Where can I get more information about this topic?**

The INS internet website is very comprehensive. All of the forms needed can be downloaded from the site. It is **www.ins.usdoj.gov**. If you have additional questions, see a JAG officer at the Legal Assistance Office, Building T-37, Carrington Road, Fort Stewart, 912-767-8809.

*Editor's note: Maj. Kathy Giraitis is a Florida Reservist, currently mobilized at Fort Stewart as part of Operation Noble Eagle. In her civilian capacity, Giraitis is an Assistant District Counsel for the U.S. Immigration & Naturalization Service in Orlando, Florida.*

**VOLUNTEERS NEEDED**
**Fort Stewart McGruff Safe House Program**

TAKE A BITE OUT OF CRIME

**All inquiries or request for information should be directed to:**
**Attn: H.L. Goodwin, Army Community Service**
**76 Lindquist Avenue, BLDG 470, Fort Stewart, GA 31314-5512**
**Phone: (912) 767-5058/5059 • Fax: (912) 767-5502**
**Sponsored by DCAS**
**Army Community Service – Family Advocacy Program**

# SPORTS & FITNESS

B SECTION

## On Post

### Golf Course

Taylors Creek Golf Course offers Senior Blitz on Thursdays with a 9 a.m. tee off. They also offer a Dogfight Tournament at 7:30 a.m. and Men's Blitz at 1 p.m. on Saturdays and Men's Blitz at 1 p.m. on Sundays.

### Jordan Gym renovations

Jordan Gym is closed for renovation until January.

### Newman offers training

The Newman Physical Fitness Center now offers free personal-training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling. Consultations are on an appointment-basis only.

Persons desiring this service may contact the Newman Physical Fitness Center at 767-3031.

### Boating program

The Coast Guard Auxiliary Flotilla 10-2 will offer a basic boating program, Boating Skill and SeamanShip Educational Program.

Classes will be held at the Coast Guard Air Station located on Hunter Army Airfield. Classes will meet from 7 to 9 p.m. on Monday and Thursday nights for three weeks. A final test is required. An optional class on piloting is also offered. Cost for materials is $25.

The Basic Coastal Navigation program will be offered beginning Sept. 17. The class will meet from 7 to 9 p.m. on Tuesdays for 10 weeks. Cost for materials is $35.

### Marne tournaments

A 9-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. Cost is $15 per person. Cash prizes will be awarded. The tournament is sponsored by the Fort Stewart Women's Bowling Association.

For more information, call 767-4866. A scotch doubles tournament is held the third Saturday of every month at Marne Lanes. Bowling starts at 7 p.m. Cost is $20 per couple. Cash prizes will be awarded.

### Youth basketball tourney

The "Back to School Summer Slam," a 3-on-3 and 5-on-5 basketball tournament for youth between the ages of 10 and 18, will be held at 1 p.m. Sept. 21 at the Bryan Village youth center gym. A slam dunk contest will also be held. Admission is $2 for nonparticipants.

Preregistration is until Sept. 20 at the youth center. A coaches' meeting will be held at 6 p.m. Sept. 20. The entry fee is $15 per team, and teams must be all male or all female.

Prizes will be awarded for the winners in each age division.

The age divisions are elementary (10-12), middle school (13-14) and high school (15-18).

For more information, contact Richard Morrison or Evelyn Alston at 767-4491, 767-4493 or 222-5105.

## Off Post

### Co-ed soccer

Six vs. Six Adult Co-ed Soccer registration has been extended thru Oct. 1. Team entry is $220 and individual YMCA member rate is $28 or non-member rate is $38. Call 368-5311 for more information or stop by the YMCA to register.

Youth Soccer registration ends Oct. 1 for ages 3 to 16. Register at the YMCA.

*If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.*

# Tigers look to continue winning tradition

**Spc. Jacob Boyer**
Staff Writer

After losing only two games last year by a combined eight points, the Bradwell Institute football team is looking for an even bigger year in 2002.

"The last game of the year has been a motivating factor for us," said Jim Walsh, the Tigers' head coach. "We had just as good a chance to win as to lose in both (the games we lost). Unfortunately, it didn't come to pass."

Bradwell has a tradition of winning. With 10 region and one state titles in their past, they expect to do well year in and year out, Walsh said. With a talented core of offensive skill position players returning on offense and speed on defense, the Tigers could make a go at the regional crown this year.

"We've made the playoffs four of the last six years," said Walsh, who is entering his ninth season at Bradwell's helm. "We've got two big goals – to win the regional title and play for the state title. That's why we're doing this. We feel like we're at a point where we can compete for the region."

Bradwell will continue to rely on its ground game this year, running mostly out of a Wing-T formation, Walsh said. But when it's time to pass, the team will not hesitate to go to a one-back, shotgun-style formation.

"We base our offense on the fact that we will run the ball," Walsh said. "But we'll get in a pass formation, and we'll sling it."

Senior fullback Joe Matavao, who was first team all-region in 2001, will lead the ground game. He'll be joined by sophomore tailback Daniel Fleming in the backfield.

Quarterback Pierre Washington, a senior, is returning from a 2001 campaign that saw him named first team all-region. When the Tigers have to air it out, his first target will be all-region wideout Ahmod Hall, another senior.

The biggest question mark on the offense is the interior line, Walsh said. Bradwell has to replace all five down lineman from last year's team.

"It's going to come down to our offensive line," Walsh said. "We're working with our folks. They're young kids, but they're large."

The Tigers will show a variety of formations on the defensive side of the ball, Walsh said. 5-2, 4-3 and 3-4 are all formations in the team's arsenal.

"Our defense is predicated on the fact that we've go to run," Walsh said. "We've got to be quick on defense."

Linebacker Richard Kunda returns for his senior campaign to lead the Bradwell defense. Both defensive ends, junior Marion Mincer and senior Gary Guyton, return from last year's squad. Junior Martez Wilson will lead the way in the interior line.

Nick Brosom will handle punts and kicks for the Tigers in 2002, Walsh said. He kicked six field goals from 27 to 44 yards last year.

"He's one of the top kickers in the state," Walsh said. "He's got a great leg. A lot of schools will be looking at him"

Bradwell kicks off its season Friday night with a game against Hinesville rival Liberty County.

"For the kids, it's a big game," Walsh said. "They're cross-town rivals, and a lot of them grew up together. It's bragging rights for the year."

Walsh knows his team needs to look at the regional slate that comes after the opener, though.

"That loss last year is a constant reminder not to let it happen again," Walsh said. "We've got to prepare week in and week out. It's going to be an interesting season for us. We've got a chance to be competitive this

Spc. Jacob Boyer

**Bradwell Institute fullback Joe Matavao runs a drill during a recent practice. The senior, who earned first-team all-region honors last season, will be a big part of the Tigers' ground attack in the upcoming season, which kicks off Friday night against Liberty County.**

# Signal soldier secures third Army chess crown

**Chris Walz**
Army News Service

WASHINGTON – A signal communications soldier captured his third consecutive Army Chess championship at Fort Myer, and solidified his spot for his third consecutive Interservice Chess championship in September at Point Loma in San Diego, Calif.

"I'm not really that excited," said Rudy Tia, who also won both championships in 1997. "I've won it three times in a row now. It has become an everyday thing for me. I just concentrate on my next match."

Tia, who is assigned to Fort Hood, Texas, wins every year and practices his game feverishly in order to excel in the sport, said Nancy Presley, from the Community and Family and Support Center.

"We love to see somebody who loves the game this much," Presley said. "He really enjoys these tournaments."

Tia has only played chess competitively since 1990, and has the highest point total in the Army at 2,109. His score leaves him only 91 points shy of reaching Master's status. Despite his success at the joint service level, Tia knows competition will be stiff.

"I think the Air Force is a pretty good team," Tia said. "Of a matter of fact, everybody is preparing for me, practicing against people who play my style, trying to find ways to beat me."

Everyone already knows everyone's style and technique, said chess player Michael Cerezo, from Parks Reserve Forces Training Area in Santa Clara, Calif.

> **"Chess is like my profession. I will continue to play until the day I die"**
>
> Rudy Tia
> Three-time Army chess champion

"I know going into the game he plays very slow, but he can beat you before you step up to the [chess] board," Cerezo said.

A player is required to make 40 movements in two hours and must finish the game in the third hour. The three-hour time frame is for each player, meaning games can take up to six hours to decide the winner.

Six of the top ten Army players are set to compete at the interservice competition. The third-place finisher will not compete next month because of a scheduling conflict, which pushes seventh-place Cerezo into the Interservice championship.

"It's tough competition even though some fellows might have lower ratings," said Cerezo, admitting he started the competition slowly before accruing enough points to advance. "You never know what the new guy has up his sleeve and what technique they might use. You have to know your openings, play smart and play carefully. It's like a 200-pound guy fighting a 120-pound weakling. If the small guy connects with an uppercut, it's over"

"This is a tough competition for the less experienced chess players," echoed Presley. "Even though some of these guys lost, they certainly gained a lot of experience and knowledge of how the really good players play."

The players agree there is a strong sense of camaraderie among the Army team.

"We go to local clubs and bars, drink and be merry," said Cerezo. "I've known some guys since 1995 and bragging rights are definitely on the line, but it's all in good fun."

Tia enjoys the company of his fellow chess players, but said it's all business once the pawns, rooks and knights begin to move.

"Chess is like my profession," said Tia. "I will continue to play until the day I die. Until then, everyone else may have to settle for second place."

# *VMI rallies to defeat Charleston Southern in opener, 27-24*

Special to *The Frontline*

NORTH CHARLESTON, S.C. - Matt Sharpe kicked a 35-yard field goal with 44 seconds remaining to lift VMI to a 27-24 come from behind victory over Charleston Southern in the season opener for both teams.

VMI rallied from a fourth quarter 14-point deficit and scored 17 unanswered points on three straight possessions to secure its first road since 1996 and its first road season opener win since 1982

" Our players were looking forward to having the chance to come back with a road victory," said head coach Cal McCombs. "That monkey is off our back, and I know they want some more wins on the road."

The Keydets trailed 24-10 at the start of the fourth quarter, but began the comeback at the 11 minute mark of the final period when quarterback Joey Gibson scored on a one-yard quarterback sneak that capped a 10-play 60 yard drive. Sharpe missed the ensuing extra-point, however, and the scored remained 24-16.

VMI forced CSU to punt on its next drive, but had to endure a 30-minute game delay for lightning before moving 50 yards in seven plays to tie the game on a 29-yard touchdown pass from Gibson to Pedro Garcia Freshman Donnie Johnston caught the two-point conversion pass to tie the game at 24-24 with 6:26 left.

The Bucs failed to move on the next drive and punted to the VMI 45. The Keydets covered 37 yards in eight plays before Sharpe nailed the game winner with 44 seconds left. The drive was keyed by a 13-yard pass to Greg Carlson on a third and nine play, and a 12-yard run by John Bell two plays later moved the ball within field goal range.

"I was real disappointed with the way we played in the first half, but I felt the difference in the game was that we made some plays in the second half and the kick (Sharpe's field goal)," McCombs said.

The Keydets snuffed out any hopes of a Buccaneer comeback on the ensuing drive when Musa Sarki picked off a Chappell pass at the VMI 40 and returned it 46 yards to the CSU 14-yard line with 29 seconds left in the game.

The Keydets took an early 3-0 lead with 6:56 left in the first quarter when Sharpe kicked a 20-yarder, but CSU answered with touchdown passes of five and 22 yards by Buc quarterback Darren Swiggett to assume a 14-3 lead with 9:46 left in the half.

VMI answered with a 12-yard over the shoulder grab of a Gibson aerial at the goal line by Johnston,

**See VMI, Page 2B**

# Marne Scoreboard

## Softball

**2002 Fort Stewart/HAAF Intramural Softball**

**Men's Fall Softball League**
Open to military and civilians.
15 players per team
Limited to 20 teams

## Football

**2002 Fort Stewart/HAAF Intramural Flag Football**

**Schedule**

**Eastern Conference**

**Monday**

Field 2
6 p.m. C Trp., 1st Cav. v. 94th Maint. Co.
7 p.m. HHC, 2/7 Inf. v. A Co., 11th Eng.
8 p.m. C Trp., 1st Cav. v. C Btry., 1/41 FA

**Tuesday**

Field 2
6 p.m. C Btry., 1/41 FA v. HHB, 4/64 AR
7 p.m. C Trp., 1st Cav. v. B Btry., 1/39 FA
8 p.m. B Btry., 1/41 FA v. A Btry., 1/3 ADA

**Wednesday**

Field 2
6 p.m. A Btry., 1/3 ADA v. B Btry., 1/39 FA
7 p.m. 94th Maint. Co. v. B Btry. 1/41 FA
8 p.m. 92nd Chem Co. v. C Btry., 1/41 FA

**Western Conference**

**Monday**

Field 1
6 p.m. C Co., 2/7 Inf. v. HHC, 3/7 Inf.
7 p.m. 3rd FSB v. A Btry., 1/9 FA
8 p.m. Svc. Btry., 1/41 FA v. B Btry., 1/9 FA

Field 3
6 p.m. HHB, DIVARTY v. A Btry., 1/41 FA
7 p.m. B Co., 4/64 AR v. A Co., 2/7 Inf.
8 p.m. B Co., 703rd MSB v. B Co., 3rd SSB

**Wednesday**

Field 1
6 p.m. HHC, 3/7 Inf. v. B Co., 703rd MSB
7 p.m. A Co., 2/7 Inf. v. HHB, DIVARTY
8 p.m. A Btry., 1/9 FA v. B Co., 4/64 AR

Field 3
6 p.m. B Btry., 1/9 FA v. 3rd FSB
7 p.m. B Co., 3rd SSB v. Svc. Btry., 1/41 FA
8 p.m. A Btry., 1/41 FA v. C Co., 2/7 Inf.

**Pacific Conference**

**Tuesday**

Field 1
6 p.m. MEDDAC v. 549th MP Co.
7 p.m. 15th ASOS v. 632nd Maint. Co.
8 p.m. SJAS v. HHT, 3/7 Cav.

Field 3
6 p.m. 103rd MI v. B Co., 10th Eng.
7 p.m. A Co., HQs Cmd. v. B Co., 123rd Sig.
8 p.m. 396th Trans. v. HHC, DISCOM

**Company-Level Football Tournaments**
The company-level top two preseason teams from each conference will compete Feb. 18-21.
The leagues involved will include the battalion-level women's active-duty league's top two teams, the battalion-level 35-and-over top two teams, and the top two family member women's league teams.

## Running

**"Top of the Rock" Run**
Sept. 7
Race starts 9 a.m. at
Newman Physical Fitness Center.
5K Individual, 10K Individual, male and female 5K, team 10K (10 runners minimum)
Entry fee: $10-$12, or $18 day of race
10 age groups
Entry deadline: Individuals can register the day of the race; teams must be registered by Sept. 4.

## Basketball

**Basketball Season**
Entry Deadline: Nov. 14
Company-level, active-duty level league, battalion-level women's activity-duty league and the battalion-level 35 and over league start Nov. 25.
The family member women's league starts Nov. 26

## Soccer

**Fall Six-Man Soccer League**
Begins Sept. 23
Contact Arthur Lewis at 767-6572 or 352-6749.

**Got Scores? Contact the Frontline staff at 767-3440.**

# JAKE'S BODY SHOP

# Get wet!

## *The keys to staying hydrated during exercise*

Special to *The Frontline*

Exercising can be one of the most exhilarating things you do for your body. But the invigorating exercise you crave and need can be fun only if it is pain-free.

Here are tips on how to avoid a major source of pain — dehydration – and make your exercise program a success. You will be glad you took the time to do what is best for your body.

**Lots of pain, little gain**

muscles that lack water are prone to cramping because they need water to contract. Your muscles are made of about 70 percent water.

The loss of only two percent of your body's water during a workout may cause you to have cramps and may impair your performance.

Dehydration can also disturb your digestive system, and it is especially hard on your kidneys.

**Defy dehydration**

There is much you can do to prevent dehydration and ensure optimal performance.

1. Drink two or three cups of water about an hour before your workout.

2. Just five minutes before the workout, drink another cup or two.

3. After exercising, you should drink two cups of fluid for every pound lost during a workout.

To measure fluid loss, you should weight (without clothes) before a workout, then again soon after. Any weight lost is fluid, not fat.

And remember, you can't tell whether or not you're dehydrated by how thirsty you are. In fact, you can be dehydrated without even knowing it.

**Test yourself**

1. Dehydration can result in which of the following:
a. poor aerobic performance
b. improper digestion
c. kidney trouble
d. all of the above

2. I know where my water bottle is at this very moment.
a. True
b. False

3. The loss of two percent of your body's water can cause you to have cramps.
a. True
b. False

4. Five minutes before the workout you should not drink any more fluids.
a. True
b. False

5. Waiting to drink until you are extremely thirsty proves just how in shape you are.
a. True
b. False

Answers: 1. 2, 2. a, 3. a, 4. b, 5. b

**How did you do?**

4 to 5 Correct — Excellent. You know your wet stuff!

2 to 3 Correct — Good. Just keep drinking!

0 to 1 Correct — Oops. Drink up. You must be thirsty!

# VMI

**from page 1B**

who had just been moved from offensive tackle to tight end a week before the season started.

The score cut the VMI deficit to 14-10 with 7:06 remaining in the second quarter.

CSU managed a 39-yard field goal by Nick Zdal with eight seconds remaining before halftime, capping a 16-play 52-yard drive to assume a 17-10 lead at intermission.

The Bucs completely dominated the third quarter and extended their lead to 24-10 with 8:38 left in the period when running back Theo Warren scored on a three-yard run, capping a 10-play, 69-yard drive. Warren rushed six times for 27 yards on the possession.

CSU would sustain a big loss on its next drive when Swiggett was knocked out of the game with a concussion following a safety blitz by Tripp Smith on a seven-yard pass completion.

Freshman Clint Chappell took over but was unable to move the Buc offense with the same precision for the rest of the game.

VMI racked up eight first downs in the first half and did not attain another until early in the fourth quarter.

The Keydets finished the game with 16 total first downs and 254 total yards for the game.

VMI did not commit a turnover despite showers that dumped heavy rain throughout the second half.

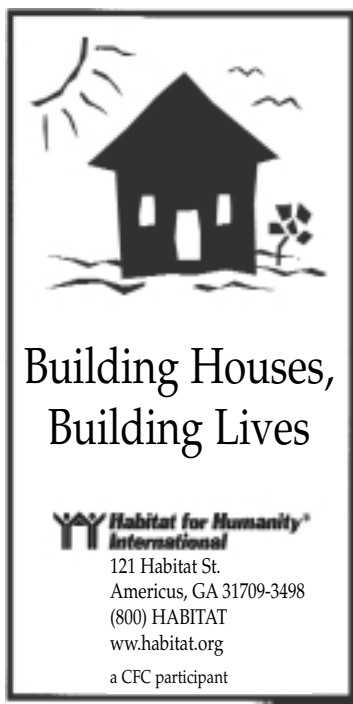
Gibson completed 11 of 20 passes for 143 yards and two touchdowns while Bell finished as VMI's top ground gainer with 73 yards on 16 carries.

Garcia snagged three passes for 53 yards and a score while Kevin Solomon, T.J. Snelling, and Carlson each caught two passes.

Warren led CSU rushers with 84 yards on 20 carries and Aaron Dunklin caught 8 passes for 64 yards to lead Buc receivers.

Linebackers Derik Screen and Chris Walsh and cornerback Ron Vaughns led the defense with six tackle each.

Senior tackle Matt Kluk had five stops with one sack for a loss of four yards.



# Strike nine! You're out!

# *Baseball owners should rethink socialism*

**Maj. Michael Birmingham**
Public Affairs Officer

*Commentary*

OK, so Major League Baseball didn't go on strike. But I say baseball has used up its nine lives over the last 30 years. Five player strikes, three owner lockouts and the recent near miss are all this fan can take. Going to the eleventh hour with a strike deadline looming had the affect of a strike. This week I'll direct my wrath at the ownership.

The owners, as they would have you believe, are going broke. They whine how they can't continue to pay large salaries (as they continue to pay large salaries) and maintain a competitive balance in the league.

Chief among the "save me from myself crowd" is Texas Rangers owner Tom Hicks, who spent $250,000,000 on Alex Rodriquez and $50,000,000 to Rafael Palmeiro only to realize his team still had to pitch to the other team.

Now that homegrown talent Ivan Rodriquez is coming due for free agency, he was chief cheerleader for a salary cap. In baseball vernacular they call it a luxury tax.

If a team's payroll exceeds a predetermined threshold under the new agreement, a team is penalized a certain percentage of money to be redistributed to less profitable smaller markets. (This is called socialism in Sweden and other European countries.)

The idea is that small market teams will be able to pay their homegrown talent and keep them from leaving via free agency. This belies the fact that a small market team, Minnesota, was the first to pay a player (Kirby Puckett) $3,000,000 a year, and another, Oakland, was the first to pay a player (Jose Canseco) $4,000,000.

The owners concern for less profitable teams is somewhat ironic since some of the recent strikes have hurt those very teams.

The 1994 strike probably caused the downfall and certain relocation of the Montreal Expos. The '94 team had Larry Walker, Moises Alou, John Wetteland, and Pedro Martinez. The added revenue of a strong playoff run might have allowed the Expos to pay a core group and sustain a winning tradition.

The 1981 strike kept the Cincinnati Reds, the team with the best record, out of the playoffs. Because of a mid-year work stoppage, baseball used a first half/second half winner format to determine the playoff teams. The Reds didn't win either half but had the best overall record. A strike this season would have kept small-market teams in Minnesota, Oakland and possibly St. Louis and Seattle from the playoffs.

No amount of money, no matter how much you skim from the more profitable teams, will overcome poor team management. You can hiss at George Steinbrenner and the New York Yankees but their core group of players came up through their system. Derek Jeter, Mariano Rivera, Alfonso Soriano, Jorge Posada, Bernie Williams, and Ramiro Mendoza are products of good scouting and a productive farm system. Tino Martinez, now with St. Louis and the recently retired Paul O'Neill were products of smart trades. Good scouting, a productive farm system and savvy trading builds winning teams, puts fans in the stands, and puts revenue in the Yankees coffers and in the pockets of free agents such as Mike Mussina, Jason Giambi and Robin Ventura.

**"No amount of money, no matter how much you skim from the more profitable teams, will overcome poor team management."**

The Baltimore Orioles used the method of grooming talent from within and rounding out the team with free agents successfully in the 1970s and early 1980s. After they won the World Series in 1983, new owner Edward Bennett Williams went on a spending spree for free agents while neglecting the minor leagues. The Orioles hit bottom in 1988 when they lost 21 games straight to begin the season and they haven't recovered yet. Subsequent owner Peter Angelos tried the same business model with only limited success. The New York Mets aren't faring any better this year.

The new agreement ends in 2006, ironically so does the contract of Bud Selig, commissioner of Major League Baseball and used car salesman extraordinaire. That's no put-down. Bud earned his money the old-fashioned way, buying used cars low and selling pre-owned cars high.

No telecommunications giant Bud is a la Dan Snyder, the wonder boy owner of the Washington Redskins, who can teach baseball owners a lesson in how not to engage in the free agent market.

My idea for a baseball agreement after 2006 would be for a more capitalist laisse faire system. Where is it etched in stone that every burgeoning suburb needs a major league team?

Teams that are in trouble such as San Diego, Minnesota, Kansas City, Oakland, Florida (Miami), Tampa Bay and to a lesser extent San Francisco and Denver used to be minor leagues venues. Ted Williams played for the AAA San Diego Padres and Joe Dimaggio played for the AAA San Francisco Seals, both in the Pacific Coast League. Although several of them remain competitive, with the exception of the occasional surprise year, they continue to play like minor leaguers.

Tampa Bay's domed stadium plays like a wallyball court. You can catch a carom off low hanging beams for an out. Balls seemingly destined for the cheap seats are caught by the shortstop. Sorry, but that ain't baseball. Baseball should have known better than to put a new team in a domed stadium, when other cities such as Houston and Seattle have left theirs and Minnesota is trying to leave theirs with the big black "Glad Bag" in right field. Teams such as San Diego and Florida couldn't keep a fan base even when they won. Florida didn't even fill their stadium when they won the World Series in 1997.

Kansas City had great young talent with Mike Sweeny, Johnny Damon, Kevin Appier and Jermaine Dye, and a good manager in Hal McCrae in the early 90s. After the '94 strike they fired McCrae and brought in Tony Muser for several 90+ losing seasons. Fans didn't support the team, revenues were down and all but Mike Sweeney are gone.

Baseball shouldn't reward cities with poor management, bad stadiums and indifferent fan support by confiscating money from successful teams and redistributing it to them. Congress needs to eliminate the anti-trust exemption that only Major League Baseball enjoys among the professional sports leagues. The clause allows them to be a legal monopoly. In effect, it means that MLB exists for the collective promotion of baseball among its teams, not as separate competitive corporations to gain a better market share such as Coke vs. Pepsi.

There is no incentive for teams such as Kansas City, Detroit and Milwaukee to manage their organizations properly as long as they know there is a stream of revenue coming from organizations who manage their teams well. If a team goes bankrupt and has to fold, so be it. Well-managed organizations shouldn't have to prop up under-capitalized and poorly run teams. There was a time when the Chicago Cubs, St. Louis Cardinals and New York Yankees had great regional support and they would again as teams folded. Who knows, baseball might even be a better brand as the talent pool became more competitive. But the players wouldn't go for it because that would mean fewer jobs and less labor bargaining power. That's the rest of the story.

Next week, my wrath spills out on the players.

Thank God the NFL starts this weekend.

# LIFE & TIMES



## On Post

**Weaver Pool**

Weaver Pool will only be opened for special events and private parties. For more information, call Andy Arrington at 767-3034.

**Volunteering**

Do you have a few hours each day, each week or each month to work with new people, learn new skills and contribute to our community? The Installation Volunteer Coordinator Program need military spouses and others who are interested in helping others. Childcare may be provided. For more information, call IVC at 767-5058, or stop by 76 Lindquist Avenue.

**Rape Crisis Center**

The Rape Crisis Center is training volunteer advocates to provide support and information to sexual assault victims on the crisis line and at area hospitals. Free training classes begin Monday. To register or for more information, call 369-3335.

**Breakfast at Stewart Lanes**

Breakfast is available from 7 to 10:30 a.m. at Stewart Lanes.

**Lunch at Marne Lanes**

The Ten Pin Grill at Marne Lanes has lunch specials from 11 a.m. to 4 p.m., weekdays for $4.

**Hunter Outdoor Recreation**

All facilities at Lotts Island Recreation Area are now open to the general public. That includes campground, picnic area and shelters, tackle shop, boat hoist and private berthing for boats. For more information, call 767-5722.

**Public speaking seminar**

Dog Face Soldiers Toastmasters International, a public speaking club, offers a public speaking seminar from noon to 1 p.m. every first and third Wednesday of the month in the Marne Room at Club Stewart.

For more information, call 1st Lt. Lytelia Newton at 767-3876.

**MWR offers paperbacks**

For all commanders and first sergeants — if your unit is being deployed, there are free new paperback books available to take with you.

This is a free service of the MWR Library Program. For more information, call 767-2181/0805.

## Off Post

**Hospice**

Hospice of Hinesville is looking for volunteers to join their team of professional staff and caregivers.

Hospice is a hometown, community-based program that offers compassionate and supportive services to terminally ill patients and their families in Liberty and surrounding counties.

Volunteer training seminars are held the second Saturday of each month from 9 a.m. to noon. For more information, or to register, call 876-5220.

**Volunteers**

The American Second Harvest Food Bank is looking for volunteers to help sort, clean and shelve salvaged foods.

The food bank takes dented cans and crumpled boxes of food from reclamation centers and redistributes them to the needy.

For more information, call 236-6750, ext. 109.

*To publish a brief in The Frontline, call 767-3440 or fax us at 767-5979. Deadline for briefs is Monday at noon.*

# Citizenship now easier for foreign-born soldiers

**Spc. Julie M. Nicolov, Tesia Williams and Staff Sgt. Marcia Triggs**
Army News Service

WASHINGTON - President George W. Bush ordered the naturalization of non-citizen soldiers be expedited for those who have served honorably in the military since Sept. 11.

Active-duty soldiers can now apply for citizenship without meeting the normal residency or time-in-service requirements.

Normally, a non-citizen in the U.S. military had to be a permanent resident in the country for at least three years before he or she could apply for citizenship. However, the president signed an executive order July 3 waiving that three-year waiting period.

"Generally, it makes it easier for non-citizens serving on active duty in the military to become citizens," said 1st Lt. Jason A. Denney, a legal assistance attorney with the XVIII Airborne Corps.

Former presidents have enacted similar executive orders during times of conflict as far back as the Korean War.

"It's normal during times of war," Denney said.

Since Sept. 11, about 30,000 non-citizens have served in the U.S. military. Nearly 6,000 soldiers are non-citizens working in positions that don't require a security clearance, said Lesley Lord, Army liaison to the Immigration and Naturalization Service. The executive order also applies to Army Reserve and National Guard soldiers on active duty, Lord said.

Spc. Alonso Zoquier, a light-wheel mechanic and driver for the 1st Corps Support Command at Fort Bragg, N.C., is currently applying for his citizenship.

He was born in the Dominican Republic and lived there until he was 12 years old.

"I came to the United States in 1990 and finished school in Puerto Rico," Zoquier said.

Zoquier finished high school and 18 months of college in Puerto Rico before he joined the Army in January 2000. He said he enlisted as a way to support the country that adopted him.

Zoquier said he thinks the executive order is a positive step for the military.

"I think it's great. If you have somebody defending your country, he should have all the rights as a citizen."

Non-citizen soldiers who want to apply for citizenship can visit their local Personnel Support Battalion to get detailed information," Lord said.

"Personnel centers will be able to assess the situation and provide the contact that isn't possible over the phone," said Lord.

It is now more important than ever that personnel clerks ensure that the word "honorable" is placed in the character of service block on the Application for Naturalization, according to officials at the INS. Omission of the word will cause a delay in the processing of a soldier's application for citizenship, officials added.

A soldier's guide to citizenship application is available on the Internet at **WWW.perscomonline.army.mil/tagd** under

**See CITIZENSHIP, Page 4C**

*Spc. Mason T. Lowery*

**Clarissa Lewis, 16, sticks her brother, Matthew Lewis, 8, to the Velcro wall at the Bethesda Home for Boys 12th Annual Labor Day Family Festival Monday. Proceeds from the festival will go toward the general scholarship fund to help families receive services in education, guidance and residential support. For more pictures of the festival, see page 2C.**

# Chaplains help keep soldiers spiritually fit

**Spc. Laurie Kemp**
Staff Writer

The Army's top priority is to ensure soldiers are fit for warfare. The physical training conducted every morning prepares soldiers physically, and on-the-job training prepares them mentally, but are soldiers not body, mind and spirit?

"To meet a soldiers fullest potential, we must meet mind, body and spirit (needs)," said Chaplain (Capt.) Michael Heninger, 3rd Forward Support Battalion chaplain. "If we neglect one aspect of that model, we are like a wheel missing 1/3 of its spokes and it wouldn't take long to break down."

The Army provides chaplains to ensure spiritual readiness, but providing them is becoming a more difficult task because chaplains are understrengthed in Active Duty, Reserve and National Guard components.

According to Chaplain (Lt. Col.) John Armitstead, U.S. Army Recruiting Command, the Reserves should have around 550 chaplains, the National Guard 400 and Active Duty 1,300.

"The shortage reduces quality time chaplains can spend with soldiers and spouses," Heninger said. "The more time we have, the greater difference we can make."

The shortage of chaplains in the Army is a reflection on the shortage of clergymen in the civilian world, Armitstead said. With clergymen in society at a low, it makes recruiting chaplains more difficult."The recruiting market — the clergy market - has become very shallow, very small," Armitstead said.

The current recruiting market for chaplains is an estimated 9.1 percent of the population. While that sounds small, once minimum Army requirements, such as age, education, experience and ability to get a security clearance are factored in, the pool drops to roughly five percent of the population. And don't forget, the Army's "not the only ones fishing in the pond," Armitstead said. Civilians and other branches of service are also fishing. With others fishing in the already small pool, the Army chaplain standards are becoming more difficult to uphold.

The Army mandates chaplains receive a security clearance, be no older than 40, have gone through seminary and have had two years hands-on experience. Some chaplain candidates may meet all requirements but may not be able to get a security clearance because "they were once Saul, now their Paul," Armitstead said.

Age is another factor. The average age of clergymen is 48 and the average age of clergy in seminary is 38 and the Army requires candidates be no older than 40 with two years of experience. So even if a candidate met the age requirements out of seminary, by the time he gained the necessary experience he may not qualify in age.

While age, having a security clearance and education are basic Army requirements, two years hands-on experience is not. Experience is necessary because a chaplain's first command is a battalion, according to Armitstead. Between soldiers and family members, that's easily a congregation of 2,000 people. To handle that many people and to have that many people trust the chaplain, they must know he is experienced.

Heninger spent two years in a parish in Conyers, Ga., while he was a member of the National Guard.

"What's important in an Army chaplain?" Heninger said. "Someone interested in learning about faith traditions but someone who also understands the needs of other faith traditions, and helps support other chaplains and helps better understand where a soldier could be coming from."

"No one could do Army chaplain work if not well-trained and prepared," Young said. "You can't send religious figures into war without preparation, so how could a soldier be deployed if (he's) not spiritually at ease?"

According to Armitstead and Young, chaplains are vital in preparing soldiers for missions.

"You have to walk the walk" to be an Army chaplain, Heninger said. "Chaplains do PT with the soldiers, but its more. You must love soldiers in a way that extends God to them, and you have to be willing to take time to accompany them in the journey.

"It's a willingness to join the Army family."

Nearly 30 to 40 percent of chaplains come off the streets, which means 60 to 70 percent of chaplains come from soldiers already in the Army, Armitstead said.

Heninger was recruited from off the streets, in a manner of speaking.

He said he fell away from the church for 12 years after high school, and for four of those years, 1980 to 1984, he served in the Air Force. After the Air Force, he started about his life priorities. At age 31, he asked about becoming a priest.

**See CHAPLAINS, Page 4C**

# *Local corporation makes donation to FRGs, soldiers*

**Sgt. Craig Zentkovich**
Staff writer

"We want our troops to enjoy a little bit of home."

That was the motivating factor for Kim Kennedy and Melissa Poole, Family Readiness Group leaders from Headquarters and Headquarters Detatchment, 554th Quartermaster Battallion and 94th Maintenance Bn., respectively, to provide their units' spouses deployed to the Middle East with what no fine American should be denied ... ice cream.

Kennedy and Poole lobbied 1st Command financial planning, and without hesitation, received a donation of 10 ice cream makers Aug. 27 for their cause at the corporation's Hinesville branch.

"On behalf of both FRGs, we want to thank 1st Command for such a wonderful donation," Kennedy said. "This went beyond our expectations."

This type of assistance is not uncommon for 1st Command."We've been helping military communities for over 40 years," said Howard Rush, 1st Command district manager. "And we'll continue to help wherever and whenever it's possible."

The soldiers will be receiving the ice cream makers in the upcoming month, Kennedy said.

"The soldiers will absolutely enjoy the milkshake that ice cream will become."

*Sgt. Craig Zentkovich*

**1st Command representatives Howard Rush, Jim Vejar, Rebecca Smith and Curtis Velasco present family members Kim Kennedy (red shirt), Jamie Kennedy and Melissa Poole (green dress) with ice cream makers for deployed loved ones.**

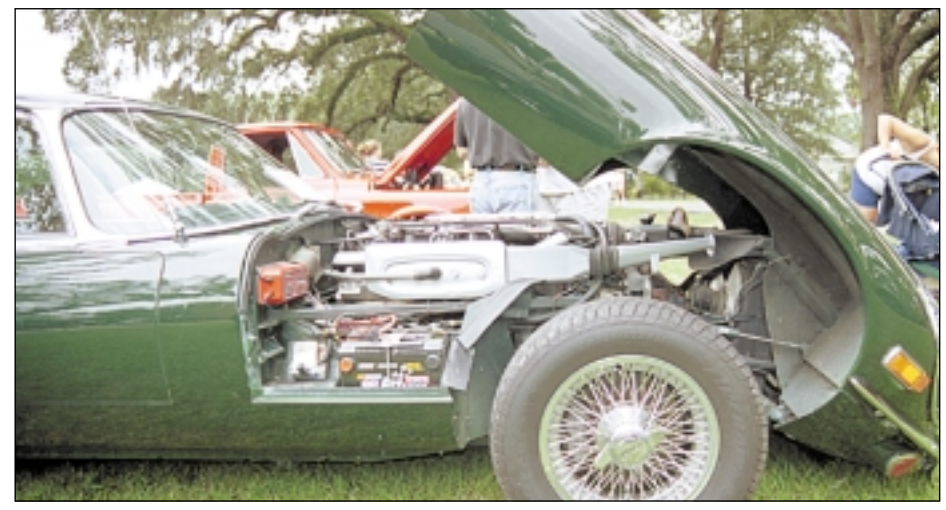
# Labor Day

## *at the 12th-Annual Bethesda Home for Boys Labor Day Family Festival*

Photos by Spc. Mason T. Lowery

**Billy Stewart of Metter, Ga., wipes down a 1975 Corvette Stingray after a light rain shower during the 12th-Annual Labor Day Family Festival Monday at the Bethesda Home for Boys. Hundreds gathered to enjoy rides, cars, food, music and fun.**

**Festival participants enjoy a ride in a trailer behind a farm tractor.**



**A 1971 Jaguar XKE with its hood open displays it's massive, 12-cylinder engine as part of the car show.**

**Peter Edwards from the Westin Resort on Hilton Head Island volunteers to flip burgers for the festival.**

**Children enjoy one of the many rides at the festival.**

**The River Street Ramblers Barbershop Quartet entertains the crowd.**

## CHAPLAIN'S CORNER

# Called to sacrifice

**By Chaplain (Capt.) Tim Stiers**
1st Battalion, 41st Field Artillery

As military personnel, we are called to sacrifice. We sacrifice time with our families. We sacrifice much of our leisure time. We sacrifice because this is our job. It is our responsibility and duty. Others are able to enjoy those very freedoms and liberties we give up because of our sacrifice. We may even be called to sacrifice our life one day. Jesus said in John 15, *"Greater love hath no man than this, that a man lay down his life for his friends."* At times we might feel no one cares or even appreciates the great sacrifice.

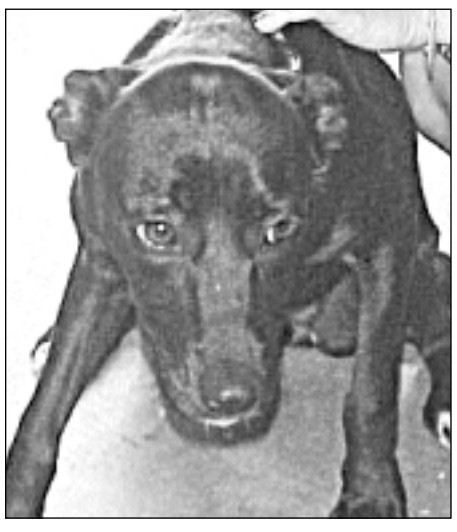
In the summer of 1937, John Griffith, of Missouri, controlled the railroad drawbridge over the Mississippi River. His eight-year-old son came to work with him. The drawbridge was up at noon to allow the ships to pass. He lost track of time until he heard the whistle of the Memphis Express at 1:07. Griffith hurried to the controls to let down the bridge, to discover his son had slipped off the observation deck. The boy's foot was caught between two main gears. There was no time for a rescue! The train carried approximately 400 people. John Griffith threw the master lever killing his own son, to spare the lives of the train passengers. As the train passed by Griffith watched businessmen reading the paper, ladies sipping coffee, and children eating ice cream. Through his tears, Griffith cried out, *"I sacrificed my son for you people! Don't you care?"*

On a hill many years ago, our Heavenly Father sacrificed His only begotten Son for you. Do you care?

Staff photo

**Before feeling too down, or hopeless, soldiers may go visit a chaplain at Marne Chapel to be reminded that God cares and has a plan for all people.**

# Pet of the Week



Dusty is a 4-month-old black terrier/labrador mix. He is very friendly and likes to play.

All adoption fees at the Fort Stewart Vet Clinic cover the first series of shots.

If interested in adopting Dusty or any other cat or dog, call 767-4194 or stop by the clinic located at 461 W. Bultman Ave., Building 1180.

## GOT PET?

Check out the Fort Stewart Vet Clinic. All stray pets found on post are taken to the facility.

**Find your loved one.**

# Worship Opportunities

## Fort Stewart

| Catholic | Location | Time |
|---|---|---|
| Daily Mass | Victory | 11:45 a.m. |
| Saturday Mass (2nd, 4th, 5th) | Victory | 5 p.m. |
| Spanish Mass (1st & 3rd) | Victory | 5 p.m. |
| Sunday Mass | Victory | 9 a.m. |
| Sunday Mass | Victory | 7 p.m. |
| Wednesday Mass | WACH | 11:45 a.m. |
| **Protestant** | | |
| Sunday Service | Heritage | 9:30 a.m. |
| Sunday Service | Marne | 11 a.m. |
| Sunday Gospel Service | Victory | 11 a.m. |
| Sunday Liturgical | Heritage | 11 a.m. |
| Sunday Family Matters | Vale | 11 a.m. |
| Sunday Contemporary | Marne | 6 p.m. |
| **American Samoan** | | |
| Sunday Service | Heritage | 1 p.m. |
| **Muslim** | | |
| Friday Jum'ah | Bldg. 9182 | 1:15 p.m. |
| Masjid (Daily) | Bldg. 9182 | 5:30 a.m. |
| **Seventh Day Adventist** | | |
| Saturday Sabbath School | Vale | 9:15 a.m. |
| Saturday Divine Worship | Vale | 11 a.m. |
| **Healing Service** | | |
| Tuesday Service | WACH | 11:30 a.m. |
| **Lutheran** | | |
| Sunday Worship | Heritage | 11 a.m. |
| **Contemporary Service** | | |
| Sunday | Marne | 6 p.m. |

## Hunter Army Airfield

| | | |
|---|---|---|
| **Catholic** | | |
| Sunday Mass | Post Chapel | 9:30 a.m. |
| **Protestant** | | |
| Sunday Service | Post Chapel | 11 a.m. |

# Embry-Riddle offers degree programs for aviators, civilians

**Robin Ellert**
Special to the Frontline

For the second year in a row, the undergraduate aerospace engineering program at ERAU has been ranked number one among the nation's schools without a Ph.D. program in U.S. News & World Report's annual college guide published in September 2001.

In the aerospace/aeronautical/astronautical engineering specialty, Embry-Riddle outranked the U.S. Air Force Academy; California State Polytechnic University; San Luis Obispo; St. Louis University, and California State Polytechnic University, Pomona, among others.

At Hunter, there are no facilities to offer aerospace engineering programs, but the school does have much to offer both aviators and civilians alike.

First off, it is important that the ERAU staff be introduced properly. Nicole Weaver has been the Center Director since February of 2002. She grew up in Middletown, Ohio and since she was part of a military family, she moved around until she received her undergraduate degree in marketing from the University of Tampa in Florida. She then moved to Fort Rucker, Ala., and finished a Master's in business administration with Troy State University.

"The best thing about being here is working with the students and how varied each experience is," says Weaver. "I want students, soldiers and family members alike, to understand that we are here to help and assist. We offer unofficial evaluations, have more than 130 locations worldwide and we have distance learning courses that facilitate coursework anytime, anywhere."

Joanne Wheeler is the assistant director at the Savannah Center. Her husband is a retired Army helicopter pilot. Joanne grew up on the West Coast, but has traveled the world with her spouse and of course, invested in learning at every installation they were stationed. She has a varied background that includes business in every form, customer service and the military.

"Every day brings a new issue. I want the students to know that we try to meet each students needs, regardless of their future direction. We have a friendly atmosphere here and we encourage soldiers and family members to sit down and discuss possible options," says Wheeler. "I also want to emphasize that we cater to civilians as well; we are not just aviation."

Weaver and Wheeler have implemented a couple of new measures to try to help students. One of those is to publicize the availability of online courses. Distance learning courses must be registered for in their office before the first of the month for classes beginning on the 15th. They are also looking for a VA work-study student to work in the Hunter office and are always hiring faculty for adjunct instructor positions. And now, a current student can get up to $50 towards textbooks if they recommend a new student who registers and completes a course.

On Dec. 17, 1925, exactly 22 years after the historic flight of the Wright Flyer, barnstormer John Paul Riddle and entrepreneur T. Higbee Embry founded Embry-Riddle Company at Lunken Airport in Cincinnati, Ohio. The following spring, the company opened the Embry-Riddle School of Aviation.

Embry-Riddle Aeronautical University began with a simple plan to train airplane pilots in a thorough, efficient manner and to cash in on a booming post World War I interest in flying.

Today, ERAU is the world's oldest, largest, and most prestigious university specializing in aviation and aerospace.

If you have further questions, feel free to visit the counselors in the Education Center, Building 1290, Room 11. Or, if you are pressed for time, visit their website **www.erau.edu/savannah** or give them a call at 352-5252.

Remember, education makes a good soldier better.

*Robin Ellert*

**Nicole Tibbs Weaver, ERAU Director, process registrations for students.**

# Citizenship

**from page 1C**

"citizenship" in the alphabetical directory, Lord said.

Soldiers can also make an appointment with their legal assistance office for help with forms and procedures required by Immigration and Naturalization Services.

"Basically we review their forms, make sure everything is complete, and give them Department of Defense authorization to have fingerprints made," Denney said.

Before visiting the legal assistance office, soldiers are asked to visit **www.ins.gov** and print out and complete forms N-400 (Application for Naturalization), G-325B (Biographical Information) and N-426 (Request for Certification of Military or Naval Service). They should bring the completed forms, two immigration photos and a copy of their green card to their legal services appointment.

"Once everything is complete, we will mail the packet to the right INS office," Denney said.

"We also do a cover letter so the packet will be from us as attorneys on the soldier's behalf," he added.

After a non-citizen's paperwork reaches INS, it usually takes about eight months for the person to receive citizenship.

That time frame is the same even for military personnel.

Because of the expected surge in the number of applications for citizenship from military personnel, soldiers can expect to wait longer for their applications to be processed, Lord said.

"The executive order does not move soldiers' citizenship applications to the front of the line," Denney said.

It also does not waive the requirement that applicants be of good moral character; know English and have a knowledge of civics. Nor does it waive the application fee, which runs up to $310.

# Chaplains

**from page 1C**

priest. He told the man "I'm not worthy." And the man told him, "God calls the unqualified and qualifies us."

Heninger entered the seminary 1994. "I had no intentions of coming back into the military, but an Army chaplain came to the school and asked if anyone wanted to serve God and country."

In 1999, Heninger realized God was calling him to serve his country too. So, he decided to join the Army, and they asked him if he was willing to jump out of planes.

"I enjoyed it because it was like flying with angels – a quiet jump, just drifting down," he said. "It intensified my life and gave new depth to my relationship with God – by Gods grace I jumped."

"Over time, it became very evident to me that there is a great shortage of chaplains. We spread ourselves pretty thin so we do our best to do what we can by taking on extra tasks."

To combat the problem, Armitstead said the Army is offering five incentive programs- Finder's Keepers, Replace Yourself, Buddy Program, the Aloha and Edelweiss Programs.

The Finder's Keepers program allows a local chaplain to recruit and retain a new chaplain for his first duty station at the place he was recruited, if he wants.

The Replace Yourself program enables local chaplains to recruit a chaplain, and if he doesn't wish to stay in the area, another chaplain will be sent to replace him.

Like the regular enlisted Buddy Program, it allows two chaplains to enter service and be stationed together on their first assignment.

And, for chaplains who wish a guarantee to see Hawaii or Germany, they may enter under the Aloha or Edelweiss Program. This program ensures their first duty station will be either Hawaii or Germany.

According to Armitstead, the Army is also looking into a Student Loan Repayment Program option and a delayed-entry program from ROTC, like doctors and lawyers have.

"(The Army is a) unique adventure that will stretch and strengthen your life- there is nothing like it!" Armitstead said. "If you want challenges and action, look into the Army chaplaincy. If you want to impact lives, the Army chaplaincy is the place. I couldn't imagine a more fulfilling ministry."

Heninger said, "Not until Marne Focus did I get to spend real quality time with the soldiers - sharing the hardships, long days, the heat, wearing a gas mask ... and dealing with the mosquitios. After 12 days of walking the walk with them, it gave us a chance to build trust and to make friends. I love the field experience because of the intense quality time with the soldiers"

"I love what I do," Heninger said. "The motive is to lift others up and that makes it all worth while - to bring them to God and God to them."

**Editor's Note:** *For more detailed information and eligibility requirements, talk to your chaplain or call 1-800-452-7617.*

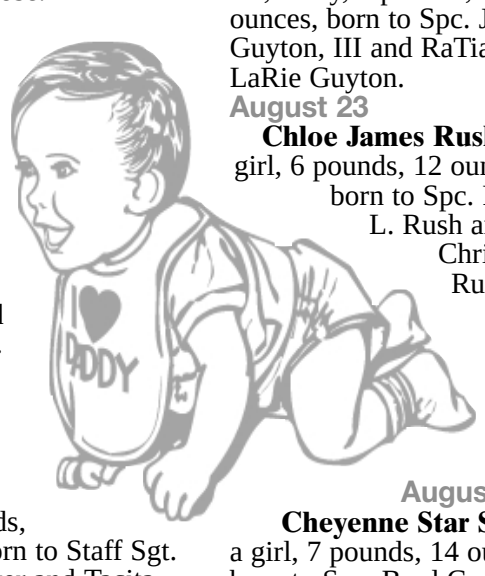
## Birth announcements

**August 18**

**Devin Seon Rose**, a boy, 5 pounds, 13 ounces, born to Spc. Seon Rose and Spc. Ashley R. Rose.

**August 21**

**Samuel Ryan Curry**, a boy, 7 pounds, 5 ounces, born to Capt. Jesse T. Curry and Sarah Curry.




**August 22**

**LaJainus Alydar Walker**, a boy, 7 pounds, 3 ounces, born to Staff Sgt. Robert Walker and Tacita Walker.

**Saoirse Etain Frisbie**, a girl, 7 pounds, 14 ounces, born to Staff Sgt. Fred Frisbie and Anne Frisbie.

**John Anthony Guyton IV**, a boy, 7 pounds, 4 ounces, born to Spc. John A. Guyton, III and RaTia LaRie Guyton.

**August 23**

**Chloe James Rush**, a girl, 6 pounds, 12 ounces, born to Spc. Robert L. Rush and Christina Rush.

**August 24**

**Cheyenne Star Sisson**, a girl, 7 pounds, 14 ounces, born to Spc. Brad Cameron Sisson and Ruth Elizabeth Sisson.

# Volunteer Spotlight

## *Sgt. Daniel Vigil*

Sgt. Daniel Vigil volunteers at Winn Army Community Hospital to learn about medicine, to interact with patients, and to help wherever he can. "I like helping others," Vigil said.

Vigil has his B.A. in mathematics and varied work experience including carpentry, construction, commercial telephone and voice-mail systems, and customer service. His interests include math, nature, medicine and cards.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 370-6903 or e-mail **Brigitte.Roberts@se.amedd.army.mil.**

## 10 Things You Can Do to Help the Environment

1. Use water-based paints.
2. Recycle your household trash.
3. Compost yard waste.
4. Plant trees.
5. Conserve energy.
6. Buy non-aerosol products.
7. Carpool.
8. Keep your car engine tuned.
9. Recycle used motor oil.
10. Choose less packaging.

# WOODRUFF THEATER

## Sept. 5-Sept. 11

**Admission for all shows is $3 for adults, $1.50 for children.**

### Eight Legged Freaks (PG-13)

Starring: David Arquette, Kari Wuhrer
**Tonight at 7 p.m.**

A group of spiders is exposed to a noxious chemical that causes the arachnids to grow and grow. They get big, and they get mean.
Run time: 99 minutes

### Road to Perdition (R)

Starring: Tom Hanks, Paul Newman
**Friday, Saturday and Sunday at 7 p.m.**

Michael Sullivan is a hitman for an Irish gang in the depression-era Midwest. When his work crosses into his private life, leading to the death of his beloved wife and son, he and his surviving son set out on a journey of revenge.
Run time: 119 minutes

### Country Bears (G)

Starring: Haley Joel Osment, Christopher Walken
**Saturday at 2 p.m., and Wednesday at 7 p.m.**

Beary is a 10-year-old bear cub raised by a human family unaware that he is adopted, until his jealous brother tells him.

Beary leaves home to find out where he belongs. Along the way, he befriends the defunct Country Bears band, who were highly successful and influential in the 70s. Beary joins them as they reunite for a benefit concert.
Run time: 88 minutes

### Stuart Little 2 (PG)

Animated
**Sunday at 2 p.m., and Monday at 7 p.m.**

Family, love and freedom are the focus in this sequel about the life of mouse Stuart Little. There is a new member of the family too.
Run time: 70 minutes

*For more information, call The Woodruff Theater at 767-3069.*